

## How Does Asthma Measure Up?

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## Conflict of Interest

- Speaker Bureau for AAE: Wendy Brown

## Objective

- *This session will explain how quality is determined for asthma management within the U.S. health care system and how the asthma educator can impact quality measures.*

## Why?

- Section 1311(c)(3) of the **Affordable Care Act** directed the U.S. Department of Health & Human Services (HHS) to develop a **system that rates Quality Health Plans** (QHPs) based on relative **quality** and price. It also requires Marketplaces to **display QHP quality ratings** on Marketplace websites to assist in consumer selection of QHPs.

<http://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/QualityInitiativesGenInfo/Health-Insurance-Marketplace-Quality-Initiatives.html>

## Is your place of work accredited?

- Yes
- No
- I don't know...how do I find out



MEDICAL ▾ DENTAL HOMELESS HEALTH PROVIDERS ▾ AFFORDABLE CARE ▾ ABOUT US ▾ Q

### Affordable Quality Healthcare for Every Person

Family Health Care (FHC) is a family-oriented primary care clinic that provides a wide-variety of medical services for patients in the Fargo-Moorhead area. We are conveniently located in downtown Fargo, with easy access and located near **public transportation**.

Our providers offer high quality, affordable health services in a compassionate and personal setting. We do not refuse care for any patient, regardless of the ability to pay. Whether you have health insurance or not, we will help you get the care you need and deserve. Our **Access Plan** is a sliding fee scale which allows you to pay for services based on your income and family size.

#### FHC's Extensive Patient-Centered Services Include:

- Medical services
- Behavioral Health
- Physical Therapy
- Dental services
- Homeless health services
- Vision Services
- Pharmacy
- Nutrition
- X-ray and Lab services

We believe in providing the best access to care when you need it. Please call our office to speak with someone on your healthcare team to ask questions, schedule appointments, and get medical information.

### My EzChart and Bill Pay

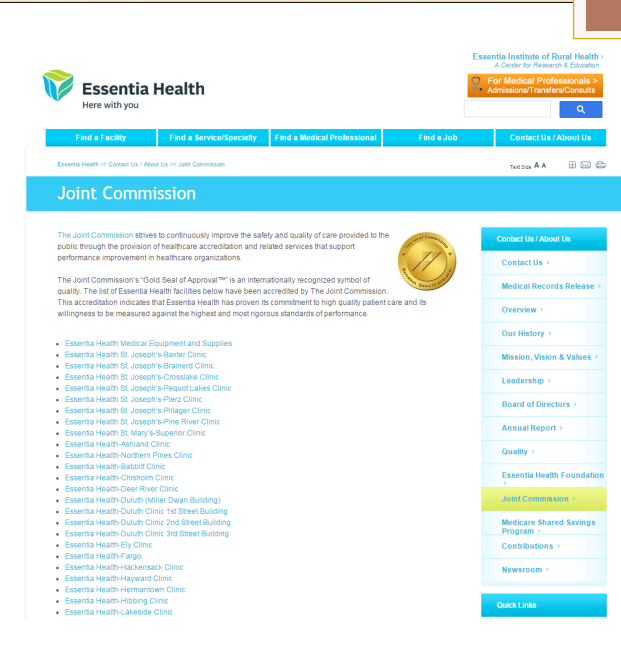
Access your account & pay bills

EzChart is an online health tool to connect you to your healthcare team anytime and anywhere.

[LOGIN TO EZCHART](#)



Family HealthCare is a FTCA deemed facility



The screenshot displays the Essentia Health website. At the top, the Essentia Health logo is on the left, and the Essentia Institute of Rural Health logo is on the right. Below the Essentia Health logo is the text "Here with you". A navigation bar contains links: "Find a Facility", "Find a Service/ Specialty", "Find a Medical Professional", "Find a Job", and "Contact Us / About Us". A search bar is located to the right of the navigation bar. Below the navigation bar, the "Joint Commission" section is highlighted. The text describes the Joint Commission's "Gold Seal of Approval" and lists various Essentia Health facilities accredited by The Joint Commission. A list of facilities includes:

- Essentia Health Medical Equipment and Supplies
- Essentia Health St. Joseph's-Barter Clinic
- Essentia Health St. Joseph's-Brainerd Clinic
- Essentia Health St. Joseph's-Crosslake Clinic
- Essentia Health St. Joseph's-Pequot Lakes Clinic
- Essentia Health St. Joseph's-Pierz Clinic
- Essentia Health St. Joseph's-Pillager Clinic
- Essentia Health St. Joseph's-Pine River Clinic
- Essentia Health St. Mary's-Superior Clinic
- Essentia Health-Ashland Clinic
- Essentia Health-Northern Pines Clinic
- Essentia Health-Babbitt Clinic
- Essentia Health-Chisholm Clinic
- Essentia Health-Deer River Clinic
- Essentia Health-Ouluth (Miller Dwan Building)
- Essentia Health-Ouluth Clinic 1st Street Building
- Essentia Health-Ouluth Clinic 2nd Street Building
- Essentia Health-Ouluth Clinic 3rd Street Building
- Essentia Health-Ely Clinic
- Essentia Health-Fargo
- Essentia Health-Hackensack Clinic
- Essentia Health-Hayward Clinic
- Essentia Health-Hermantown Clinic
- Essentia Health-Hibbing Clinic
- Essentia Health-Lakeside Clinic

On the right side of the page, there is a "Contact Us / About Us" sidebar with links to "Contact Us", "Medical Records Release", "Overview", "Our History", "Mission, Vision & Values", "Leadership", "Board of Directors", "Annual Report", "Quality", "Essentia Health Foundation", "Joint Commission", "Medicare Shared Savings Program", "Contributions", and "Newsroom". A "Quick Links" button is at the bottom of the sidebar.

## Who are you accredited by?

- NCQA
- The Joint Commission
- Other



## NCQA

- National Committee for Quality Assurance



<http://www.ncqa.org/>

## NCQA

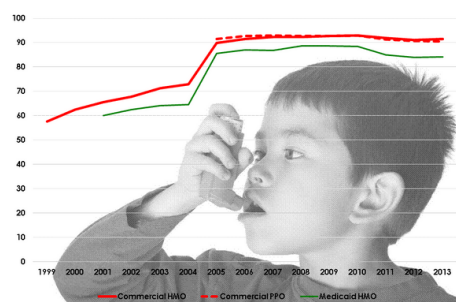
- Healthcare Effectiveness Data and Information Sets (HEDIS)
  - Use of Appropriate Medications for People with Asthma
  - Medication Management for People with Asthma
  - Asthma Medication Ratio

<http://www.ncqa.org/>

## NCQA

- Use of Appropriate Medications for People with Asthma
  - The percentage of **adults and children 5–64 years** of age during the measurement year who were identified as having **persistent asthma** and were **appropriately prescribed medication** during the measurement year.

Will be retired in 2016

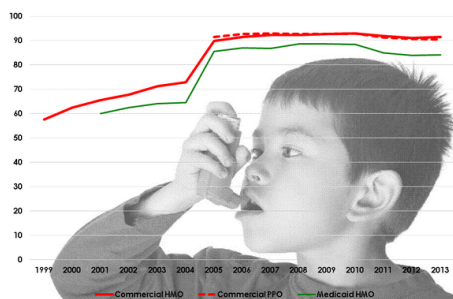


<http://www.ncqa.org/ReportCards/HealthPlans/StateofHealthCareQuality/2014TableofContents/Asthma.aspx>

## NCQA

- Asthma Medication Management for People with Asthma
  - The percentage of **adults and children 5–64 years** of age during the measurement year who were identified as having **persistent asthma** and were **dispensed appropriate asthma controller medications** that they **remained on for at least 50 and 75 percent** of their treatment period.

Expansion age range 5-85 year in 2016



<http://www.ncqa.org/ReportCards/HealthPlans/StateofHealthCareQuality/2014TableofContents/Asthma.aspx>

## NCQA

- Asthma Medication Ratio
  - Over 1 year period

Units (number) of controller medication dispensed

Units (number) of ALL Medication dispensed

## NCQA

2012 -2014		
Measure	Commercial	Medicaid
50%	67.3%	52.5%
75%	43.9%	30.1%
Med. Ratio	77.8%	61.4%

[www.ncqu.org/HEDISQualityMeasurment.aspx](http://www.ncqu.org/HEDISQualityMeasurment.aspx)

## NCQA

- Accreditation
  - Accountable Care Organization
- Recognition Program
  - Patient Centered Medical Home



## The Joint Commission



<http://www.jointcommission.org/>



## The Joint Commission

- **Inpatient** Hospital Quality Measure:
  - **Measure Set:** Children's Asthma Care (CAC-3)
  - **Performance Measure Name:** Home Management Plan of Care (HMPC) Document Given to Patient/Caregiver
  - **Description:** An assessment that there is documentation in the medical record that a Home Management Plan of Care (HMPC) document was given to the pediatric asthma patient/caregiver.

<https://manual.jointcommission.org/releases/archive/TJC2010B/MIF0073.html>

## The Joint Commission

- Inpatient Hospital Quality Measure:
  - **Improvement Noted As:** Increase in the rate
  - **Numerator Statement:** Pediatric asthma inpatients with documentation that they or their caregivers were given a written Home Management Plan of Care (HMPC) document that addresses **all** of the following:
    - Arrangements for follow-up care
    - Environmental control and control of other triggers
    - Method and timing of rescue actions
    - Use of controllers
    - Use of relievers

<https://manual.jointcommission.org/releases/archive/TJC2010B/MIF0073.html>

### Asthma Action Plan

For: \_\_\_\_\_ Doctor: \_\_\_\_\_ Date: \_\_\_\_\_  
 Doctor's Phone Number: \_\_\_\_\_ Hospital/Emergency Department Phone Number: \_\_\_\_\_

**Doing Well**

No cough, wheeze, chest tightness, or shortness of breath during the day or night  
 Can do usual activities

**And, if a peak flow meter is used,**  
 Peak flow: more than \_\_\_\_\_ (80 percent or more of my best peak flow)  
 My best peak flow is: \_\_\_\_\_  
 Before exercise \_\_\_\_\_ 2 or 4 puffs \_\_\_\_\_ 5 minutes before exercise

**Asthma Is Getting Worse**

Cough, wheeze, chest tightness, or shortness of breath, or  
 Waking at night due to asthma, or  
 Can do some, but not all, usual activities

Peak flow: \_\_\_\_\_ to \_\_\_\_\_ (50 to 79 percent of my best peak flow)  
 Do: \_\_\_\_\_  
 Add quick-relief medicine—and keep taking your GREEN ZONE medicine.  
 (non-acting beta-agonist) 2 or 4 puffs, every 20 minutes for up to 1 hour  
 (beta-2 agonist) 2 or 4 puffs or 1 inhaler  
 If your symptoms (and peak flow, if used) return to GREEN ZONE after 1 hour of above treatment:  
 Continue monitoring to be sure you stay in the green zone.  
 If your symptoms (and peak flow, if used) do not return to GREEN ZONE after 1 hour of above treatment:  
 Add \_\_\_\_\_ (non-acting beta-agonist) mg per day For \_\_\_\_\_ (3–10) days  
 Call the doctor before/within \_\_\_\_\_ hours after taking the oral steroid.

**Medical Alert!**

Very short of breath, or  
 Quick-relief medicines have not helped, or  
 Cannot do usual activities, or  
 Symptoms are worse or get worse after 24 hours in Yellow Zone

Peak flow: less than \_\_\_\_\_ (50 percent of my best peak flow)  
 Do: \_\_\_\_\_  
 Take this medicine: \_\_\_\_\_ (non-acting beta-agonist) 4 or 6 puffs or 1 inhaler  
 (oral steroid) mg  
 Then call your doctor NOW. Go to the hospital or call an ambulance if:  
 You are still in the red zone after 15 minutes AND  
 You have not reached your doctor.

**DANGER SIGNS** Trouble walking and talking due to shortness of breath Take 4 or 6 puffs of your quick-relief medicine AND  
 Lips or fingernails are blue Go to the hospital or call for an ambulance (phone) NOW!

### How To Control Things That Make Your Asthma Worse

This guide suggests things you can do to avoid your asthma triggers. Put a check next to the triggers that you know make your asthma worse and ask your doctor to help you find out if you have other triggers as well. Then decide with your doctor what steps you will take.

**Allergen Avoidance**

**Animal Dander**  
 Some people are allergic to the fluff or skin or dried saliva from animals with fur or feathers.  
 The best thing to do:  
 • Keep pets or feathered pets out of your home.  
 If you can't keep the pet outdoors, then:  
 • Keep the pet out of your bedroom and other sleeping areas at all times.  
 • Keep the door closed.  
 • Wash carpets and furniture covered with spots from your home.  
 If that is not possible, keep the pet away from fabric-covered furniture and carpets.

**Dust Mites**  
 Many people with asthma are allergic to dust mites. Dust mites are tiny bugs that are found in every home—in mattresses, pillows, carpets, upholstered furniture, bedspreads, clothes, stuffed toys, and fabric or other fabric-covered items.  
 Things that can help:  
 • Encase your mattress in a special dust-proof cover.  
 • Encase your pillow in a special dust-proof cover or wash the pillow each week in hot water. Water must be hotter than 130°F to kill the mites.  
 • Cold or warm water used with detergent and bleach can also be effective.  
 • Wash the sheets and blankets on your bed each week in hot water.  
 • Reduce indoor humidity to below 50 percent (ideally between 30–50 percent). Dehumidifiers or central air conditioners can do this.  
 • Do not to sleep on or lie on carpet-covered surfaces.  
 • Remove carpets from your bedroom and those laid on concrete. If you can, keep stuffed toys out of the bed or wash the toys weekly in hot water or cooler water with detergent and bleach.

**Food**  
 Many people with asthma are allergic to the dried droppings and remains of cockroaches.  
 The best thing to do:  
 • Keep food and garbage in closed containers. Never leave food out.  
 • Use poison baits, powders, gels, or traps (for example, roach baits). You can also use traps.  
 • If a spray is used to kill roaches, stay out of the room until the odor goes away.

**Indoor Mold**  
 • Fix leaky faucets, pipes, or other sources of water that have mold around them.  
 • Clean moldy surfaces with a cleaner that has bleach in it.

**Pollen and Outdoor Mold**  
 Mold is to do during your allergy season (when pollen or mold spore counts are high).  
 • Try to keep your windows closed.  
 • Stay indoors with windows closed from late morning to afternoon.  
 • If you can, pollen and mold spore counts are highest at that time.  
 • Ask your doctor whether you need to take or increase anti-inflammatory medicines before your allergy season starts.

**Insects**

**Smoke**  
 • If you smoke, ask your doctor for ways to help you quit. Ask family members to quit smoking, too.  
 • Do not allow smoking in your home or car.

**Smoke, Strong Odors, and Sprays**  
 • If possible, do not use a wood-burning stove, kerosene heater, or fireplace.  
 • Try to stay away from strong odors and sprays, such as perfume, talcum powder, hair spray, and paints.

**Other things that bring on asthma symptoms in some people include:**

**Seasonal Cleaning**  
 • Try to get someone else to vacuum for you once or twice a week, if you can. Stay out of rooms while they are being vacuumed and for a short while afterward.  
 • If you vacuum, use a dust mask (from a hardware store), a double-layered or microfiber vacuum cleaner bag, or a vacuum cleaner with a HEPA filter.

**Other Things That Can Make Asthma Worse**  
 • Sipping a drink and beverages. Do not drink beer or wine or eat dried fruit, processed potatoes, or shrimp if they cause asthma symptoms.  
 • Cold air. Cover your nose and mouth with a scarf or cold or windy days.  
 • Other medicines. Tell your doctor about all the medicines you take. Include cold medicines, aspirin, ibuprofen and other supplements, and nonselective beta-blockers (including those in eye drops).

For more information, go to: [www.aanb.ca.gov](http://www.aanb.ca.gov)  
 San Francisco No. 07-5231  
 April 2007

## The Joint Commission

- Disease-Specific Care Certification: Asthma
- Primary Care Medical Home

