

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](#)
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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.

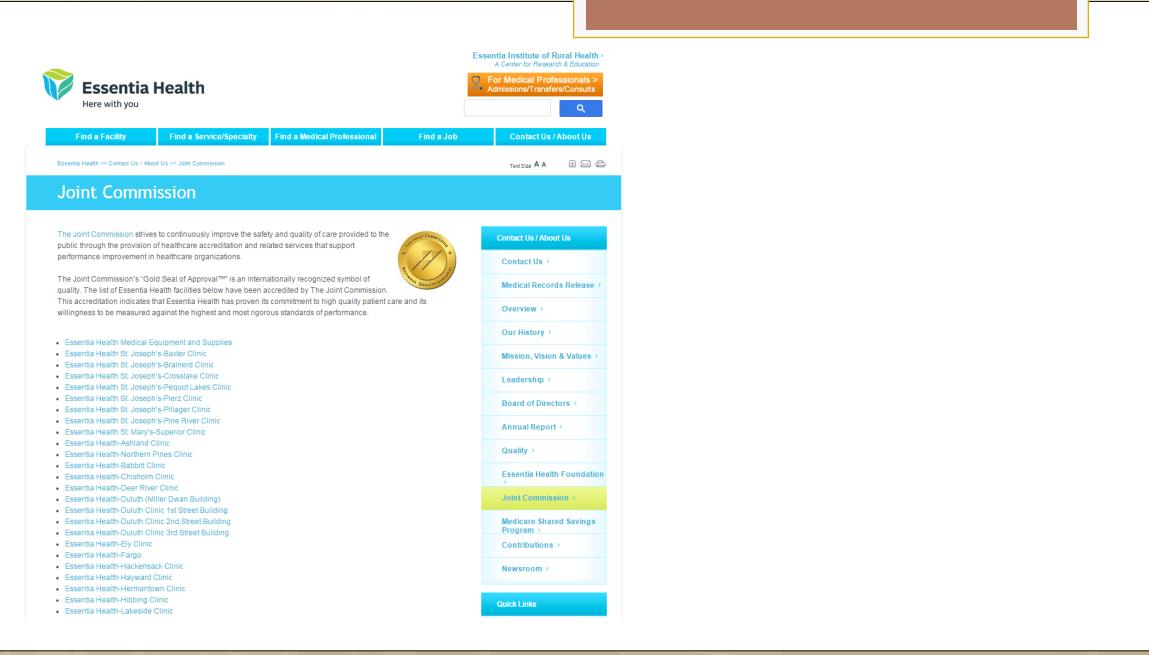
FHC's Extensive Patient-Centered Services Include:

<ul style="list-style-type: none"> • Medical services • Dental services • Pharmacy 	<ul style="list-style-type: none"> • Behavioral Health • Homeless health services • Nutrition 	<ul style="list-style-type: none"> • Physical Therapy • Vision Services • X-ray and Lab services
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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.




Family HealthCare is a FTCA deemed facility



The screenshot shows the Essentia Health website with a blue header bar. The header includes the Essentia Health logo, a search bar, and a 'Joint Commission' link. The main content area has a blue header 'Joint Commission' and a sub-header 'The Joint Commission strives to continuously improve the safety and quality of care provided to the public through the provision of healthcare accreditation and related services that support performance improvement in healthcare organizations.' Below this is a 'Gold Seal of Approval' logo. The left sidebar lists various Essentia Health clinics and facilities. The right sidebar contains links for 'Contact Us / About Us', 'Medical Records Release', 'Overview', 'Our History', 'Mission, Vision & Values', 'Leadership', 'Board of Directors', 'Annual Report', 'Quality', 'Essentia Health Foundation', 'Joint Commission' (which is highlighted in yellow), 'Medicare Shared Savings Program', 'Contributions', and 'Newsroom'. A 'Quick Links' section 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

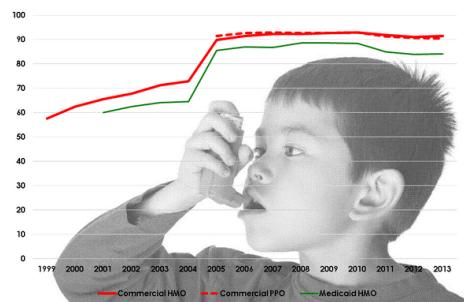
- Healthcare Effectiveness Data and Information Sets (HEDIS)
 - Use of Appropriate Medications for People with Asthma
 - Medication Management for People with Asthma
 - Asthma Medication Ratio

<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

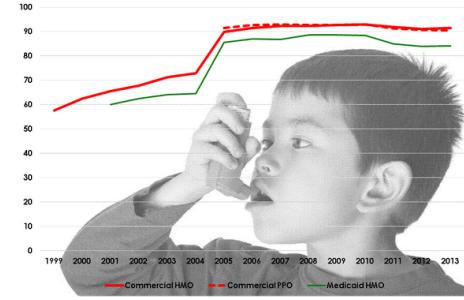


<http://www.ncqa.org/ReportCards/HealthPlans/StateofHealthCareQuality/2014TableofContents/Asthma.aspx>

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.ncqa.org/HEDIS/qualityMeasurement.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, wheezes, 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 _____
(50 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, wheezes, chest tightness, or shortness of breath at night due to asthma, or
• Can do some, but not all, usual activities

-Or-

Peak flow: _____ to _____
(50 to 79 percent of my best peak flow)

Medical Alert

• Any short of breath, or
• Quick-relief medicines have not helped, or
• Cannot do usual activities, or
• Symptoms are getting worse after 24 hours in Yellow zone

-Or-

Peak flow: less than _____
(50 percent of my best peak flow)

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

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.

Animals

Animals Dander
Some people are allergic to the dander of skin or dried saliva from animals. If you are allergic:
• The best thing to do:
Keep the animal that makes you allergic out of your home.
If you must keep the pet outside:
• Keep the pet out of your bedroom and other sleeping areas at all times, except when you are bathing the pet.
• Remove carpets and furniture covered with cloth from your home. If this 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 live in every home—in mattresses, pillows, carpets, upholstered furniture, bedcovers, clothes, stuffed toys, and fabrics or other fabric-covered items. Things that can help:
• Encase your pillow in a special dust-proof cover.
• Encase your mattress 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.
• Clean your home weekly with a vacuum cleaner that has a HEPA filter.
• Wash the sheets and blankets on your bed each week in hot water. The water must be at least 130°F to kill the mites. If you wash them in cold water (30–50 percent), dehumidifiers or central air conditioners can dry them.
• Try not to sleep or lie on cloth-covered curtains.
• Remove stuffed animals and pillows from your bed and wash them weekly in hot water or cover them with allergen-proof covers.

Cockroaches
Many people with asthma are allergic to the dried droppings and remains (skins) of cockroaches. The best thing to do:
• Encase your pillow in a special dust-proof cover.
• Keep food and garbage in closed containers. Never leave food out.
• Use cockroach poisons, gels, or pastes (for example, boracide soaps). You can also use traps.
• If a trap is used to kill roaches, stay out of the room until the odor goes away.

Indoor Mold
Mold grows best in damp, dark places, like 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 grows best in the spring and summer (pollen) or fall (mold) when pollen or mold spore counts are highest:
• Try to keep your windows closed.
• Stay indoors with windows closed from late morning to afternoon.
• If you go outside, and pollen and mold spore counts are highest at that time, wear a mask or use a mask that has a valve or increases airway medication before your allergy session starts.

Artificial Smokes

If you smoke, ask your doctor for ways to help you quit. Ask family members to help you quit.
• Don't smoke around your home or car.

Smoke, Strong Odors, and Sprays

If possible, do not use a wood-burning stove, kerosene heater, or fireplace. Try to avoid strong odors and sprays, such as perfume, talcum powder, hair spray, and paint.

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

Weather Changes
Try to avoid extreme weather for you once or twice a week. If you can, stay out of rooms while they are being vacuumed and for about 1 hour afterwards.

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.

Drugs (Ask your doctor about these):
• Sulfites in foods and beverages. Do not drink beer or wine or eat dried fruit, processed pastries, or shrimp if they cause asthma symptoms.
• Cold medicines. Ask your doctor if you should take them or not.
• Other medicines. Tell your doctor about all the medicines you take. Include cold medicines, aspirin, decongestants and other supplements, and nonsteroidal anti-inflammatory drugs (NSAIDs).

The Joint Commission

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

Reimbursement and Incentive Payments

- Centers for Medicare and Medicaid Services (CMS)
- Private Insurance

Questions