THE IMPACT OF A COMPREHENSIVE ASTHMA EDUCATION AND MANAGEMENT PROGRAM ON PATIENT ACCESS TO SELF-MANAGEMENT TOOLS IN A PATIENT-CENTERED MEDICAL HOME: A PILOT TRIAL

Brandon Sucher, Pharm.D., BCACP, CDCES, AE-C Professor of Pharmacy Practice, Regis University School of Pharmacy

Elisabeth Ihler, MD University of Colorado School of Medicine and Rocky Mountain Regional VAMC

> Patrick Sullivan, PhD PRECISIONheor

DISCLOSURES

- This study was funded through a grant from the National Asthma Educator Certification Board.
- Elisabeth Ihler and Brandon Sucher have no relations with industry to disclose.
- Patrick Sullivan is currently employed by Precision Medicine. Prior to working with Precision Medicine, Patrick Sullivan received grant funding from Novartis, Amgen, Industrial Economics, and Astra Zeneca in the last two years.

OBJECTIVE

- To create, implement, and evaluate an evidencebased comprehensive asthma education and management program (CAEMP) as part of a multidisciplinary approach to patient care
- To evaluate the CAEMP's potential impact on increasing patient access to self-management tools (SMTs)

BACKGROUND

Very poorly controlled vs. not well controlled/well controlled

6.4-fold risk of hospitalizations, ED visits, and corticosteroid burst

3.2-fold risk of hospitalizations, ED visits, and corticosteroid burst Consistently very poorly controlled asthma, as defined by the impairment domain of the Expert Panel Report 3 guidelines, increases risk for future severe asthma exacerbations in The Epidemiology and Natural History of Asthma: Outcomes and Treatment Regimens (TENOR) study

Tmirah Haselkorn, PhD,⁴ James E. Fish, MD,⁴ Robert S. Zeiger, MD, PhD,⁴ Stanley J. Szefler, MD,⁶ Dave P. Miller,⁴ Bradley E. Chipps, MD,⁶ F. Estelle R. Simons, MD,⁶ Soctt T. Weiss, MD, MS,⁸ Sally E. Wenzel, MD,¹ Larry Borish, MD,¹ and Eucene R. Bleecker. MD,¹ for the TENDR Study Groupe⁴

Background: Identification of patients at risk for asthma exacerbations can assist physicians in addressing disease management and improve asthma-related health outcomes. Objective: We sought to evaluate whether level of impairma as defined by the 2007 asthma guidelines, predicts risk for future asthma exacerbations.

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0091-6740/\$36.00 © 2009 American Accidency of Allergy, Auftma & Immunology doi:10.1016/j.juci.2009.07.035 Methods: The study included children aged 6 to 11 years ($\alpha = 82$) and adolescardulah pairenis aged 12 years and older ($\alpha = 72$) from The Spädemiology and Natural History of Ashma: Obtoms and Totomork Regions at sold with data representation guidelines at baseline, month 1, and month 2,4 Patients were categorized in 2,2 context (1) consistently were poorly controlled (VPC) astima from baseline through 2 years of follow years of the improved from VPC catiman at baseline (chicaglia guides) states improved from VPC catima at baseline (through 2, years of follow years of the improved from VPC catima at baseline (through 2, years of follow) and (2) improved from VPC catima at baseline (through 2, years of follow) and improved from VPC cational at a set of the state of the state of the improved from VPC controlled or well-controlled at many, with improved from VPC controlled or well-controlled at most month. 30 were generated by using multivariable logistic regression by age rupo.

Results: After adjustment, children with consistently VFC submoves the 2-year period demonstrated a 6-fold increased six of hospitalization, emergency department visit, or method with the submoves of the submoves of the subterior submoves of the submove WFC asthma were more likely to have a corticotrenid barst QFC 23-595 CC, 11-74-36 or have a hospitalization, emergency lepartment visit, or corticosteroid barst (OR, 32; 85% CL, 3-53).

onclusions: Consistently VPC asthma, as defined by the npairment domain of the 2007 asthma guidelines, is strongl redictive of future asthma exacerbations. (J Allergy Clin nmunol 2009;124:895-902.)

Ser words: Asiluma, asiluma guidelines, impairment domain, risk, xacerbations, health care use, asiluma control, The Epidemiology and Natural History of Asiluma: Outcomes and Treatment Regimens tudy

Astma affects more than 22 million persons in the Uinel States, including 16 million shales and 68 million children in children, and its global provulnes is projected to increase substantially over the next 2 detaches.¹⁴ The physical, emotional, social, professional, and economic challenges conterred by astmpered states and the state of the state state of the state matching states and the state state states and the state and states and the states and the states in 1980 are system; tetal costs of astma in the United States in 1980 were estimated at 212.7 billion, of which 88% represented dures the states and the states and the states of the states in 1980.

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BACKGROUND

Uncontrolled asthma vs. no asthma

- \$4,423 tended medical expenditures
- 4.6-fold frequency of hospital discharges
- 1.8-fold frequency for ED visits
- Image: Image: Image: productivity

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ECONOMICS				
The relationship betw outcomes in the Unit		sthma contro	and eco	nomic
Patrick W. Sullivan, PhD ¹ , Julia F. S Denise R. Globe, PhD ^{4†} , Shao-Lee I	ilejko, PhD ² , Vahram H. G Lin, MD, PhD ⁴¹ , and Gary C	hushchyan, PhD ³ , Bi Globe, PhD, MBA ⁴	andon Sucher, F	"harmD ¹ ,
¹ Regis University School of Pharmacy, Dem ⁴ Arngen, Inc., Thousand Oaks, CA	ver, CO, ² University of Washingt	ton, Seattle, WA, ³ Univer	sity of Colorado Den	ver, Deriver, CO, and
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Introduction The burden of asthma is high with 8 (US) population affected by the dis additional adult health expenditures The extent of the burden of asthma is of severity and control as classific Report 3: Guidelines for the Diaga	ease and \$18 billion in due to the disease [1,2]. associated with the level ed in the Expert Panel	Questionnaire (AT Studies assessing of with these instru- significantly impac- ization and product History of Asthm	AQ) or the Ast sutcomes associat nents found that ts patients' health ivity. The The Ep a: Outcomes an	a Therapy Assessment hma Control Test [4]. ed with asthma control at uncontrolled asthma icare expenditures, util- oidensiology and Natural d Treatment Regimens duals with poorly con-

urrantly with Allergan Inc., Irvine, CA urrently with Glead Sciences, Inc., Foster City, CA rerepondence: Patrick W. Sullivan, PhD. Regis University School of sumey, 333 Regis Bird, I-R.2, Danvez, CO S0221, USA. Tel: (2005) sustimuise (ACO), the Ashmit Theory Assessment (ACO), the Ashmit Theory Assessment (ACO), the Ashmit Theory Assessing outcomes associed of with authors of the Ashmit Control (in these incruments from the Ashmit Control (in the Ashmit Control (ACO), were more likely as an anomaly a straight and the Ashmit Control (Ashmit Control (Ashmit Control), and Testment Regiment (Ashmit Control), and Testment Regiment (Ashmit Control (Ashmit Control), and the Ashmit Control (Ashmit Control), and the Ashmit Control (Ashmit Control (Ashmit Control), and the Ashmit Control (Ashmit Control), Ashmit Control (Ashmit Control), and associated utilization (Ashmit Control (Ashmit Control), and the Ashmit Control (Ashmit Control (Ashmit Control), and the Ashmit Control (Ashmit Control), and the Ashmit Control (Ashmit Control), (Ashmit Control (Ashmit Control), and associated ashmit (Ashmit Control (Ashmit Control), and associated ashmit (Ashmit Control (Ashmit Control), and associated ashmit (Ashmit Control), and associated ashmit Control (Ashmit Control), (Ashmit Control (Ashmit Control), and ashmit Control (Ashmit Control), (Ashmit Control), and associated ashmit Control (Ashmit Control), (Ashmit Control), and associated ashmit Control (Ashmit Control), (Ashmit Control), and (Ashmit Control (Ashmit Control), (Ashmit Control), and (Ashmit Control), and (Ashmit Control), (Ashmit Control), and (Ashmit Control (Ashmit Control), (Ashmit Control), and (Ashmit Control), and (Ashmit Control)

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BACKGROUND

NAEPP GIP Priority Messages

- 1) Utilize inhaled corticosteroids
- 2) Provide asthma action plans
- 3) Assess asthma severity
- 4) Assess asthma control to guide clinical decisions
- 5) Schedule follow-up visits
- 6) Reduce allergen/irritant exposure



BACKGROUND

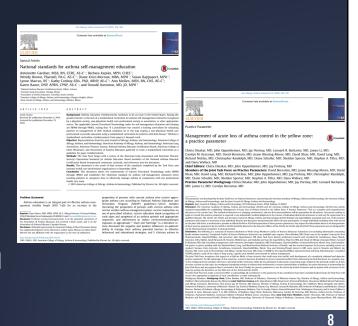
PCMH Standards and Guidelines and SMTs

- A critical measure
- Help patients manage complex conditions
- Help patients overcome barriers achieving treatment and function/lifestyle goals



METHODS

The CAEMP, a 3-visit asthma education curriculum and collaborative drug therapy management agreement between physicians and pharmacists, was designed to address the NAEPP GIP's 6 priority messages.



CAEMP VISIT #1

Patient history and assessment Basic facts about asthma Roles of long-term control and quick-relief medications Skills – inhaler technique, inspiratory flow Provide written instructions wit illustrations for each inhaler



CAEMP VISIT #2

Patient history and assessment Reeducate on visit #1 elements Skills – inhaler technique, inspiratory flow Control environmental factors Education on PEF monitoring to personal best PEF Provide spacer and education if appropriate



Peak Flow Meter Monitoring

CAEMP VISIT #3

Patient history and assessment Reeducate on visit #1 elements Skills – inhaler technique, inspiratory flow Provide asthma action plan



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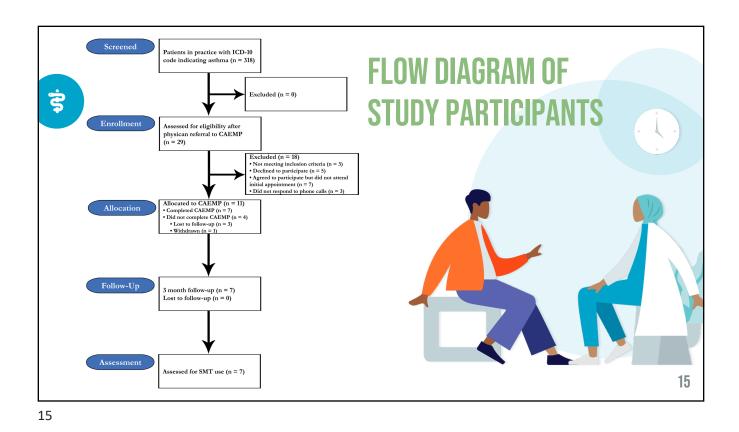
METHODS

- PCMH primary care clinic
- Patients with asthma referred to an onsite pharmacist by their physician via the EHR
- Informed written consent obtained during the CAEMP initial visit
- \$40 gift card at 3 month followup

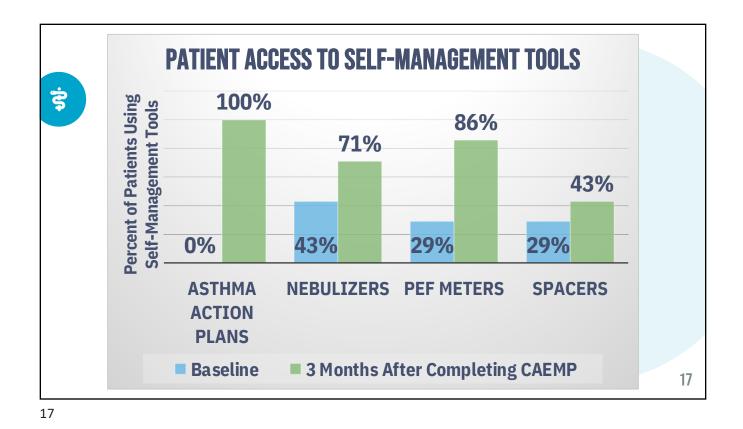








	Mean (SD)	n (%)
Age	(54.57)10.86)	
Sex		
Male		1 (14%)
Female		((86%))
Race		
Native Hawaiian or Pacific Islander		0 (0%)
Asian		1 (12.5%)
White		3 (37.5%)
American Indian / Alaska Native		0 (0%)
Black or African American		4 (50%)
Ethnicity		
Hispanic or Latino		0 (0%)
Not Hispanic or Latino		7 (100%)
Smoking status		
Never smoked		3 (43%)
Currently smoke		1 (14%)
Previously smoked but do not currently smoke	2	3 (43%)
Total annual household income		
Less than \$10,000		4 (57%)
\$10,000 to \$29,999		1 (14%)
\$30,000 to \$49,999		0 (0%)
\$50,000 to \$69,999		1 (14%)
\$70,000 to \$89,999		0 (0%)
Greater than or equal to \$90,000		0 (0%)
I don't know		1 (14%)
Highest Level of Education		
Eighth grade or less		0 (0%)
Some high school but did not graduate		2 (29%)
High school graduate or CED Certificate		0 (0%)
Technical school graduate or some college		(57%)
		1 (14%)



CONCLUSIONS

- The CAEMP was feasible to deliver.
- There was an increase in patient access to SMTs seen 3 months after completing the CAEMP.
- Incorporation of an asthma action plan template within the EHR may improve utilization of this SMT.

LESSONS LEARNED AND FUTURE DIRECTIONS

- Presenting results on the CAEMP's potential impact on asthma control by reducing risk, asthma control by reducing impairment, quality of life, and HEDIS measures
- Patient recruitment and retention for the CAEMP was challenging and uptake was relatively low.
- Comparing the benefits of the CAEMP to a briefer single asthma education visit

ACKNOWLEDGEMENTS

- National Asthma Educator Certification Board
- Elisabeth Ihler, MD
- Patrick Sullivan, PhD

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ANY QUESTIONS?

You can contact me at:

bsucher@regis.edu