

Table 3D. Asthma Treatment: Prevention of Morbidity

Updates shown in red type

Referral Guideline	Rationale	Evidence Type
Patients with asthma who require Emergency Department care for acute episode	Allergist care reduces subsequent asthma emergency department visits. ¹⁻¹⁰ Allergist care reduces subsequent hospitalization. ²⁻¹⁰	Direct outcome evidence
Patients with uncontrolled asthma	Allergist care reduces asthma symptoms and improves physical functioning and asthma-related quality of life. ^{1,3,11} Asthma specialist care is associated with improved asthma control. ¹²	Direct outcome evidence
Patients with persistent asthma, particularly moderate-severe persistent asthma	Inhaled corticosteroid use leads to reduction in asthma symptoms, exacerbations, hospitalizations, and asthma death. ¹⁰ Allergist care is more likely to lead to use of asthma controller medications (particularly inhaled corticosteroids). ^{5,7,10,11,13-15} Allergists administer anti-IgE, which prevents exacerbations, improves symptoms, and reduces the use of inhaled steroids in patients with moderate-severe asthma. ^{16,17}	Indirect outcome evidence (controllers) Indirect outcome evidence (anti-IgE)
Patients who need education on asthma and guidance in techniques for self-management	Use of written action plans improves asthma self-management. ^{3,14,15} Allergist care is more likely to lead to provision of a written management plan and objective monitoring of asthma using peak flow meters. ^{3,14,15} Asthma self-management education improves outcomes in children and adults. ^{18,19} Allergist care is associated with more effective self-management education and knowledge. ^{3,20-22}	Indirect outcome evidence (education, action plan)
Patients who use excessive amounts of reliever medications	Excessive short acting beta agonist use indicates uncontrolled asthma. Allergist care reduces overuse of short acting beta agonists. ¹⁴	Direct outcome evidence
Patients with severe asthma	Allergist care reduces cost of care for asthma. ^{7,9,10,23}	Direct outcome evidence

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