

## Measure #6: Asthma Discharge Plan

### *Asthma*

#### Measure Description

Percentage of patients aged 5 years and older with an emergency department visit or an inpatient admission for an asthma exacerbation who are discharged from the emergency department **OR** inpatient setting with an asthma discharge plan

#### Measure Components

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| <b>Numerator Statement</b>      | <p>Patients discharged from the emergency department <b>OR</b> inpatient setting with an asthma discharge plan*</p> <p>*The asthma discharge plan must include:</p> <ol style="list-style-type: none"><li>1. Instructions regarding inhaled corticosteroid use (if inhaled corticosteroids not prescribed, note should document reason prescription not given)</li></ol> <p><b>AND</b></p> <ol style="list-style-type: none"><li>2. Information regarding discharge medications and how to use them (eg, instruction on inhaler technique)</li></ol> <p><b>AND</b></p> <ol style="list-style-type: none"><li>3. Referral for a follow-up asthma care appointment<br/>OR<br/>Instructions to visit a doctor or other health care provider as soon as possible to discuss asthma control and create an action plan</li></ol> <p><b>AND</b></p> <ol style="list-style-type: none"><li>4. Instructions for recognizing and managing relapse of exacerbation or recurrence of airflow obstruction.</li></ol> <p>See NHLBI/NAEPP Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma for sample asthma discharge plans</p> |
| <b>Denominator Statement</b>    | All patients aged 5 years and older with an emergency department visit OR an inpatient admission for an asthma exacerbation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Denominator Exclusion(s)</b> | None                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Denominator Exception(s)</b> | None                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Supporting Guideline</b>     | <p>The following evidence statements are quoted <u>verbatim</u> from the referenced clinical guidelines.</p> <p>NHLBI/NAEPP Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma<sup>4</sup></p> <p>The Expert Panel recommends that:</p> <p>Clinicians, before patients' discharge from the ED or hospital, provide patients with necessary medications and education on how to use them, a referral for a followup appointment. (Evidence B).</p> <p>Give the patient an ED asthma discharge plan with instruction for medications prescribed at discharge and for increasing medications or seeking medical care if asthma should worsen (Evidence B).</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

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|  | Review or develop a written plan for managing either relapse of the exacerbation of recurrent symptoms or exacerbations (Evidence B). The plan should describe the signs, symptoms, and/or peak flow values that should prompt increases in self-medication, contact with a health care provider, or return for emergency care. |
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## Measure Importance

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| <b>Relationship to desired outcome</b>      | <p>A visit to the ED or hospitalization is often an indication of inadequate long-term management of asthma or inadequate plans for handling exacerbations.</p> <p>By providing an asthma discharge plan to the patient, the potential for improved asthma management and control and of subsequent emergency department visits or hospital admissions decreases.<sup>4</sup></p>                                   |
| <b>Opportunity for Improvement</b>          | A 2008 survey reported that about 34% of people with current asthma received an asthma management plan with specific instructions on how to change the amount or type of medicine taken, when to call a doctor for advice, and when to go to the emergency department. Approximately 60% of asthmatics reported that they were taught how to recognize early signs and symptoms of an asthma episode. <sup>16</sup> |
| <b>Exception Justification</b>              | This measure has no exceptions.                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Harmonization with Existing Measures</b> | There are no existing endorsed measures that address the provision of an asthma discharge plan in the emergency department or inpatient setting                                                                                                                                                                                                                                                                     |

## Measure Designation

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|------------------------|---------------------------------------------|
| <b>Measure purpose</b> | Quality Improvement<br>Accountability       |
| <b>Type of measure</b> | Process                                     |
| <b>Care setting</b>    | Emergency Department<br>Inpatient           |
| <b>Data source</b>     | Registry<br>Electronic Health Record System |

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