

## Measure #7: Asthma Action Plan

### *Asthma*

#### Measure Description

Percentage of patients aged 5 years and older with a diagnosis of asthma who received a written asthma action plan at one or more visits during the measurement period

#### Measure Components

<b>Numerator Statement</b>	<p>Patients who received a written asthma action plan* at one or more visits during the measurement period</p> <p>*The written asthma action plan can be symptom-based or peak-flow based and must include:</p> <ol style="list-style-type: none"> <li>1. Instructions regarding daily management and use of asthma control medications</li> </ol> <p style="text-align: center;"><b>AND</b></p> <ol style="list-style-type: none"> <li>2. Instructions for recognizing and handling worsening asthma, including self-adjustment of medications in response to acute symptoms or changes in Peak Expiratory Flow (PEF) measures.</li> </ol> <p>See NHLBI/NAEPP Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma for sample asthma action plans</p>
<b>Denominator Statement</b>	All patients aged 5 years and older with a diagnosis of asthma
<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:</p> <p>Provide all patients with a written asthma action plan that includes two aspects: (1) daily management and (2) how to recognize and handle worsening asthma.</p> <p>Provide to all patients a written asthma action plan based on signs and symptoms and/or PEF; written action plans are particularly recommended for patients who have moderate or severe persistent asthma, a history of severe exacerbations, or poorly controlled asthma (Evidence B).</p> <p>Every patient who has asthma should be taught to recognize symptom patterns that indicate inadequate asthma control (Evidence A) Either symptom and/or PEF monitoring should be used as a means to determine the need for intervention, including additional medication, in the context of a written asthma action plan.</p>

## Measure Importance

<b>Relationship to desired outcome</b>	<p>Self-management is an important aspect of daily and emergency asthma care. The goal of asthma self-management asthma control and the prevention of asthma exacerbations.</p> <p>Written asthma action plans provide instruction on the appropriate use of medications and identifying and avoiding exposure to asthma triggers. There is evidence that provision of a written action plan significantly increases patient adherence to treatment and asthma control and physicians' recommendations for management and medical follow-up.<sup>17</sup></p>
<b>Opportunity for Improvement</b>	<p>National guidelines for treatment of asthma include recommendations for providing written asthma action plans. However, the use of asthma action plans may be limited in clinical practice.</p> <p>One study found that 74% of patients with controlled asthma and 65% of patients with uncontrolled asthma reported never received an asthma action plan.<sup>18</sup></p> <p>A 2009 Asthma Insight and Management survey found that half of physicians prepared a written action plan for all or most of their patients. A lower percentage (32%) of patients reported ever having received a written asthma action plan from their physician.<sup>7</sup></p>
<b>Exception Justification</b>	<p>This measure has no exceptions.</p>
<b>Harmonization with Existing Measures</b>	<p>There are no existing performance measures at the individual provider or system levels that address provision of a written asthma action plan.</p>

## Measure Designation

<b>Measure purpose</b>	Quality Improvement Accountability
<b>Type of measure</b>	Process
<b>Care setting</b>	Ambulatory Care: Clinician Office Clinic
<b>Data source</b>	Registry Electronic Health Record System