

Asthma Management – Care Manager Tips

Screening: Triggers for asthma diagnosis

- ER visits with diagnosis of bronchitis, respiratory distress
- Allergies associated with breathing restrictions
- Any indication the patient has been in the red zone or has difficulty managing the yellow zone

Diagnosing Asthma:

- PFTs (Pulmonary Function Test)

Key areas to include in the assessment for patients diagnosed with asthma:

- Normal day
- Activities
- Medication review to include teach back and (return demonstration when in person visit(s))
- Spirometry
- Triggers/situations
- Environmental scan
 - Home
 - Work
 - School
- Socio-economic status

Guidelines for the plan of care

- Risk and safety first
 - Ability to manage asthma action plan
 - Ability to take and adhere to medications for maintenance and rescue
 - Limit new information and actions to the patient's readiness and ability
- Managing triggers/environmental concerns
- Stressors
- Barriers to Care
- Community resource needs
- Readiness to change/confidence
- Self-management plan
- Education needs
- BH/psychosocial needs

Monitoring and follow-up

- Care coordination
 - Any new events since last encounter (Urgent care, ER, hospitalizations, specialist, etc..)
- Medical plan
 - Review of asthma action plan and number of times in the yellow or red zone
 - Actions taken if in the yellow or red zone
 - Comfort and ability to use the asthma action plan
 - Need for adjustments to the asthma action plan based on above
 - Medication reconciliation
- Control trending
 - ACT score
 - Controlled – continue plan in place
 - Uncontrolled
 - Have patient come in for a visit
 - Review medications
 - Medications:
 - Accurate Y N
 - No – identify barriers, review with provider and or specialist – adjust treatment plan
 - Return demonstration of inhaler(s):
 - Correct technique Y N
 - No – complete training and verification via return demonstration
 - Apprise provider of issue – determine patient/supports ability
 - Continue medications as prescribed? Or change medications?
- Self-management
 - Ability and confidence
 - Pt/care taker accurately verbalize and demonstrate understanding of the asthma action plan?
 - Yes – prepare for discharge from CM services
 - No – continue to monitor and re-assess and update the care plan
 - Pt/care taker ability to use the ACT and act on indicators
 - Yes – reinforce ability
 - No – continue to support and monitor progress
- Other ongoing issues in the care plan; as identified in the initial and continued assessment findings