

Clinical Guideline for the Diagnosis, Evaluation, and Management of Adults and Children with Asthma

MVP Health Care, as part of its continuing Quality Improvement Program, endorses recommendations for Asthma care that are a result of a collaborative effort led by the New York State Department of Health (NYSDOH). Collaborators include, NYSDOH, the New York City Department of Health and Mental Hygiene, MVP Health Care and other health plans and professional organizations from across New York State.

Statistics -Morbidity & Mortality:

- Number of non-institutionalized adults who currently have asthma is 16.4 million.
- Percent of non-institutionalized adults who currently have asthma: 7.3%.
- Number of children who currently have asthma: 7.0 million.
- Percent of children who currently have asthma: 9.4%.
- Number of visits to office-based physicians: 10.6 million.
- Hospital inpatient care -Number of discharges with asthma as first-listed diagnosis is 444,000. Average length of stay at 3.2 days.
- Mortality Number of deaths is 3,613 with deaths per 100,000 population, 1.2.

Source: Centers for Disease Control and Prevention

Key Guideline Messages:

- Asthma definition and implications for treatment.
- Diagnosis of Asthma.
- Classifying Asthma severity.
- Assessing and monitoring Asthma severity and Asthma control.
- Asthma education.
- Control of environmental factors and co-morbid conditions affecting Asthma control.
- Medications and the 'stepwise approach' for managing Asthma - Principles of the 'stepwise approach' by age group.
- Managing Asthma exacerbations.
- Management in the urgent or emergency care and hospital settings.

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Guideline Availability:

The NYSDOH Asthma guideline can be found on the NYSDOH website at:

http://www.health.state.ny.us/diseases/asthma/pdf/2009_asthma_guidelines.pdf.

The guideline is derived from the Third Expert Panel 3 Report (EPR3). The EPR3 Asthma guideline was developed by an expert panel commissioned by the National Asthma Education and Prevention Program (NAEPP) Coordinating Committee (CC), National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health (NIH). A copy of the October 2007 EPR3 recommendations can be found at: www.nhlbi.nih.gov/guidelines/asthma/asthsumm.pdf. A change page describes changes made to the document since it was posted to the Web in August 2007.

In New York, MVP encourages practitioners to use the New York State Department of Health's (NYSDOH) Asthma Action plan with their patients and families. The form is available on the NYSDOH website at: www.health.state.ny.us/diseases/asthma/brochures.htm.

Practitioners in Vermont are encouraged to use a similar form produced by the Vermont Department of Health. For copies of the Vermont Asthma Action Plan form, contact: Vermont Department of Health Asthma Program at 802-863-7514 or toll free at 1-866-331-5622. A sample of the Vermont action plan and can be found at: <http://healthvermont.gov/prevent/asthma/tools.aspx>.

In conjunction with these guidelines, MVP Health Care offers a Condition Case Management program for our members with a diagnosis of Asthma. If you would like to refer one of your patients to this program, please call the Health Care Operations Department at 1-866-942-7966.

*This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. **All treatment decisions are ultimately up to the physician.*** Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at 1 (800) 777-4793 extension 2602.