

1 FOLLOW UP VISIT - Pre-Visit Planning

- Reminder notification via phone, mail or portal and ask to bring in all medications
- Review chart before visit to assess for anything needed (i.e.: updated asthma action plan, flu vaccine, spirometry)
- Check frequency of prescriptions filled, care alerts and provider portal

2 Assess & Monitor Asthma Control

- Ask if recent ED, urgent care visit or hospitalization
- Use validated tool for assessment of control such as Asthma Control test (ACT)-frequency of symptoms
- Consider use of spirometry or peak flow every 1-2 years
- Discuss frequency of Rx filled, care alerts for beta agonist overuse
- Use NHLBI Guidelines/Asthma Care Quick Reference www.nhlbi.nih.gov/guidelines/asthma

3 Assess Need to Change or Maintain Medication

- Determine if therapy needs to be adjusted or maintained based on control (i.e.: use NHLBI questions or ACT)
- Use NHLBI guidelines/Asthma Care Quick Reference to step up, if needed, step down, if possible or maintain
- Help families understand purpose of medications & explore any cost issues

4 Medication Technique & Adherence, Assess Side Effects, Triggers

- Use TB & MI to assess patient/family knowledge & skills for self- management
- Assess appropriate use of/adherence to medications, device technique (i.e.: frequency of Rx filled, provider portal care alerts)
- Perform medication reconciliation which includes visually inspection of meds & devices—consider labeling medications
- Consider use of network pharmacist
- Help families understand purpose of medications & explore any cost issues
- Assess/counsel/ prevent exposure to environmental triggers using TB & MI—trigger assessment at least once a year
- Document counseling related to smoking and status of flu vaccine

5 Review Written Asthma Action Plan

- Revise plan if any changes in medications or treatment--- Update new plan every year (even if no changes)
- Use TB and MI to review actions & goals to control asthma
- Give updated or revised copy to parent, school/child care, and keep copy in chart

6 Education/Coordination

- Schedule with asthma education classes or care manager based on identified needs for self-management
- Provide resources/tools to help with self-management using TB, MI and shared decision making
- Recommend discussion with key partners (i.e.; school nurse, child care) for more complex patients & document
- Address needs for education & coordination with community agencies
- Monitor referral tracking if co-managed; establish & document agreements with specialists in medical record

7 Schedule Follow-up Appointment

- Every 2-6 weeks while gaining control, every 1-6 months to monitor control
- Determine need for referral to specialist such as allergist or pulmonologist
- Review hours of clinic and how to access afterhours provider or care

Shared Decision Making

Teach Back (TB)

- Review the key messages about asthma & use of medications
- Ask the parent/child to explain how they would explain the information about asthma and use of medications to other family members & care givers
- Role play to clarify purpose of medications & how they should be used

Motivational Interviewing (MI)

- Train staff in MI technique & share ties
- Set patient goals collaboratively using shared decision making—especially related to asthma action plan
- Have updated, health literate educational tools that utilize MI strategies
- Consider use of practice asthma educator

KEY STEPS TO PROVIDE ASTHMA CARE

FOLLOW-UP ASTHMA VISIT

Resources in Dark Orange

Coding Per ICD Guidelines

1 Pre-Visit Planning

Review Charts, Care Alerts,
Provider Portal, Huddle

2 Assess & Monitor Asthma Control

Using
Asthma Control Test (ACT)
NHLBI Asthma Guidelines

3 Assess Need to Change or Maintain Medication

Using
NHLBI Asthma Guidelines

4 Medication Technique & Adherence, Assess Side Effects/Triggers

Using
Medications and Devices Packet
Triggers Sheet

Shared Decision Making:

Teach Back (TB)
Review, explain,
and role play

Motivational
Interviewing (MI)
Set goals
collaboratively

7 Schedule Follow Up Appointment

6 Education/Coordination

Using
Facts About Asthma Sheet
Medications & Devices Packet
Triggers Sheet

5 Develop Written Asthma Action Plan

Using
Step By Step Asthma Action Plan Guide

