

Fall Focus on Asthma
October 19, 2004, 9:00-1:00 pm
Salem Hospital-Auditorium
Salem, Oregon

Attendance: 20 Oregon Asthma Network Partners attended.

Overview: Emphasis on resources that can be used to improve asthma care in Oregon through self-management. Learn about evidence based tobacco cessation programs, comment on asthma education materials, share current information about asthma in Oregon, and work together to identify methods of improving asthma self-management in your community.

Group Expectations: Learn about: asthma initiatives in Oregon communities, Resource Bank update, Case Management programs, pulmonary rehab and patient support, state facts on asthma, local concerns as it relates to asthma.

Oregon Asthma Program Highlights:

Asthma Data:

- ★ Purpose: To get a snapshot of how well asthma is being addressed among participating health plans in Oregon
- ★ Measured four key asthma indicators, emergency department use, 30 day follow-up after an emergency department visit, use of short acting beta₂agonist (rescue medication), use of inhaled anti-inflammatory (controller medication).
- ★ Compared Commercial health plans to Medicaid health plans
- ★ Conclusion: Using data helps us to target our efforts more effectively. Because asthma is a controllable disease through the use of proper medication, improving asthma management in a health system is an important strategy in helping people with asthma better self-manage their disease. To view the exact data points discussed please visit our website at www.healthoregon.org/asthma .

Asthma Tobacco Integration Project:

- ★ Available evidence: Asthma and smoking worsens lung function in asthmatic adults and children, increases risk for asthma hospital admissions, increases health care utilization for asthma, and increases risk of death from asthma. Furthermore, people with asthma have higher smoking rate when compared to the general population. To view the exact data points discussed please visit our website at www.healthoregon.org/asthma.
- ★ Asthma treatments: Corticosteroids, cornerstone of therapy for asthma, are less effective in smokers with asthma.
- ★ Solution: Promoting quitting among people with asthma and caregivers of people with asthma. Reducing secondhand smoke exposure, especially among kids.
- ★ Interventions: Fostering community partnerships to address secondhand smoke exposure, engage health plans and health care providers in asking people with

asthma about their exposure to tobacco smoke, providing 5A's training, nicotine replacement therapy initiative through the Tobacco Quitline.

General Comments and Feedback: Salem:

Asthma Friendly Schools

Jim Terhune is the Asthma Friendly Schools Coordinator for the Oregon Department of Education. Jim provided information on the Asthma Friendly School demonstration project with schools in Bend and Elgin. He described the process of becoming an asthma friendly school, and invited people to participate on the Schools and Asthma Workgroup if they were interested in developing a statewide plan for Asthma Friendly Schools. If you have questions, Jim can be reached at jim.terhune@state.or.us.

Community Resources

Virginia Garcia is located in Yamhill and Washington Counties. They currently have an asthma team that works on clinical and educational asthma issues for their patients. They provide follow-up asthma education through a group class on designated days. An asthma educator works with patients to do peak flows, peak flow diaries, Asthma Action Plans, and practice with medication and spacers. For more information about Virginia Garcia's asthma program please visit their website at www.viriniagarcia.org.

Dr. Rich Clark with the Mid-Valley IPA (MVIPA) updated the group on the asthma program that Mid-Valley IPA provides to their Oregon Health Plan members. MVIPA is interested in being a community support, and is working with health care practitioners to help provide spacers, peak flows, and nebulizers to their members. They also are beginning to reimburse health care practitioners who provide group visits, which can include, but is not limited to asthma education.

Bill Rodgers, with the Lebanon Hospital Respiratory unit updated the group on the cutbacks occurring in the Lebanon Hospital system. Currently, respiratory therapists are no longer providing outpatient care, which has reduced the amount of asthma education the hospital was sponsoring.

Due to flu clinics occurring during the week of Fall Focus, the Marion County flu coordinator was unable to attend. For information regarding the flu vaccine shortage, or general flu information please visit, www.cdc.gov/flu, or the Marion County Health Department at 503-588-5357.

Resource Bank materials and 5 A's Training Comments:

Resource Bank materials

Jeanne McGee and Mark Evers, along with Asthma Program staff conducted three focus groups, allowing participants time to review the asthma education materials, provide feedback, and discuss the use of resource bank materials.

5A's Training

Participants were trained in the five techniques (Ask, Advise, Assess, Assist, and Arrange) to help a person quit smoking tobacco. Gail also provided information on a sixth A, Anticipate that focuses on tobacco cessation for pediatricians.

If you have any questions, please feel free to contact Kirsten Jensen or David Rebanal at kirsten.g.jensen@state.or.us or david.rebanal@state.or.us