

# Improving Asthma Management

Continuing Education and Technical Assistance for  
Health Professionals



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## This 8 part series offers:

*Asthma Guidelines for the Way You Practice*

*Asthma Management Tools: Gizmos and Gadgets*

*Asthma Medications*

*Spirometry*

*Control of Environmental Factors that Affect Asthma*

*Asthma Education: Using the Toolkit*

*Asthma Management Should Not Be Complicated!*

*Documentation: Implementation New or Revised Encounter Forms  
(for site with Centricity only)*

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### Faculty

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**Dates/Times:** Practices may schedule these one-hour continuing education credit programs to best fit their needs. We suggest starting with the Asthma Guidelines and then choosing other sessions that fit the needs of the practice. Lunch will be provided.

**Cost:** These Lunch & Learn programs are provided at no charge, as a service to medical offices by the following co-sponsoring organizations.



**If you are interested in offering any one of these programs within the series or the entire series at your practice, please contact:**

**In Sullivan, Cheshire, Merrimack, Strafford, Hillsborough and Rockingham Counties:**

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### Continuing Education:

**Physicians:** Southern NH AHEC is accredited by the NHMS to provide continuing medical education for physicians. The AHEC designates activity for up to 1.0 hour(s) per session in Category 1 credit towards the AMA Physicians Recognition Award.

**Nurses:** The Southern New Hampshire Area Health Education Center is an approved provider of continuing nursing education by the New Hampshire Nurses' Association Commission on Continuing Education (NHNACCE), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This continuing education activity has been approved for 1.0 contact hours

# Improving Asthma Management

## *Continuing Education and Technical Assistance for Health Professionals*



**Improving Asthma Management**, a series of eight continuing education sessions, is designed to bring you the most up-to-date information for successful asthma management in the primary care setting and also to enable practices to have a significant impact on improving asthma management for better patient outcomes. Whether you decide to schedule one program or the entire series, your practice will identify improvements to make from among evidence-based best practices recommended in the 2007 National Asthma Education and Prevention Program Expert Panel Report 3 **Guidelines for the Diagnosis and Management of Asthma**. Examples of changes provider practices have been able to make include increasing the use of asthma action plans, routinely assessing for environmental triggers and exposures, diagnosing work-related asthma, scheduling follow-up asthma visits, increasing flu shots and more. This is an excellent opportunity to make improvements that will benefit both providers and patients.

**Target Audience:** Family practice physicians, pediatricians, internists, nurses, physician assistants, nurse practitioners, medical assistants and others interested in asthma care and management.

### **Asthma Guidelines for the Way You Practice**

- 1 Explain recent updates from the National Heart, Lung, Blood Institute Asthma Management Guidelines.
- 2 Discuss the role of primary care in asthma management.
- 3 Discuss the implications of providing in-house spirometry.
- 4 Identify areas in asthma management that need improvement in your practice.

### **Asthma Management Tools: Gizmos & Gadgets**

1. Demonstrate, describe, and coach proper peak flow, MDI with spacer, and DPI technique.
2. Discuss proper documentation of peak flows and asthma management plans in the patient's record.

### **Asthma Medications**

1. Describe application of rescue and controller medications.
2. Discuss over the counter medicines and their role in asthma management.

### **Spirometry**

- 1 Describe purpose and role of spirometry.
- 2 State indications for performing spirometry.
- 3 Demonstrate proper spirometry technique.
- 4 Discuss maintenance of spirometry equipment.

### **Control of Environmental Factors that Affect Asthma**

- 1 Identify and discuss triggers/irritants contributing to acute and chronic asthma.
- 2 Discuss inhalant allergens and environmental controls to reduce exposures.
- 3 Describe indoor/outdoor pollutants and irritants including ETS and ways to reduce exposure.
- 4 State the rationale for allergy testing and immunotherapy.

### **Asthma Education: Using the ToolKit**

1. Explain the role of the asthma educator.
2. Identify opportunities for provider education.
3. Discuss resources for consumer education.

### **Asthma Management Should Not Be Complicated!**

- 1 Describe current office process for asthma care.
- 2 Discuss practice adherence to critical asthma management indicators.
- 3 Identify strategies to engage patients to become partners in their care.
- 4 Identify important elements of documentation.

### **Documentation: Implementing New or Revised Encounter Forms** (for sites with Centricity only)

- 1 Describe how to navigate through the encounter form in Logician.
- 2 Describe the role of the new form in enhancing clinical management of care.