

Asthma Call-Back Survey Provides Insight into Asthma Management Education Provided to Ohioans



How do we keep track of asthma self-management?

The Asthma Call-Back Survey (ACBS) is an in-depth asthma survey developed by the Centers for Disease Control and Prevention (CDC) to gather information on asthma-related symptoms, health care, medication, patient education and management among U.S. adults and children with asthma. The ACBS is conducted by individual state health departments as an optional follow-on survey to their state's Behavioral Risk Factor Surveillance System Survey (BRFSS).

The Ohio Department of Health Asthma Program collects and maintains Ohio data from the ACBS, as well as the BRFSS, through the Ohio Surveillance System for Asthma (OSSA). The ACBS, which has been conducted in Ohio on an ongoing basis since 2007, provides valuable information on how consistently Ohio health care providers are providing asthma management education to their patients.

The rates presented here are for a single year, 2012, due to changes in the survey methods that make the 2012 results hard to compare to previous years. These rates are based on fairly small numbers of participants and may fluctuate from year to year. Future rates will combine 2012 data with later years' data, and be more stable.

Why is education about asthma self-management important?

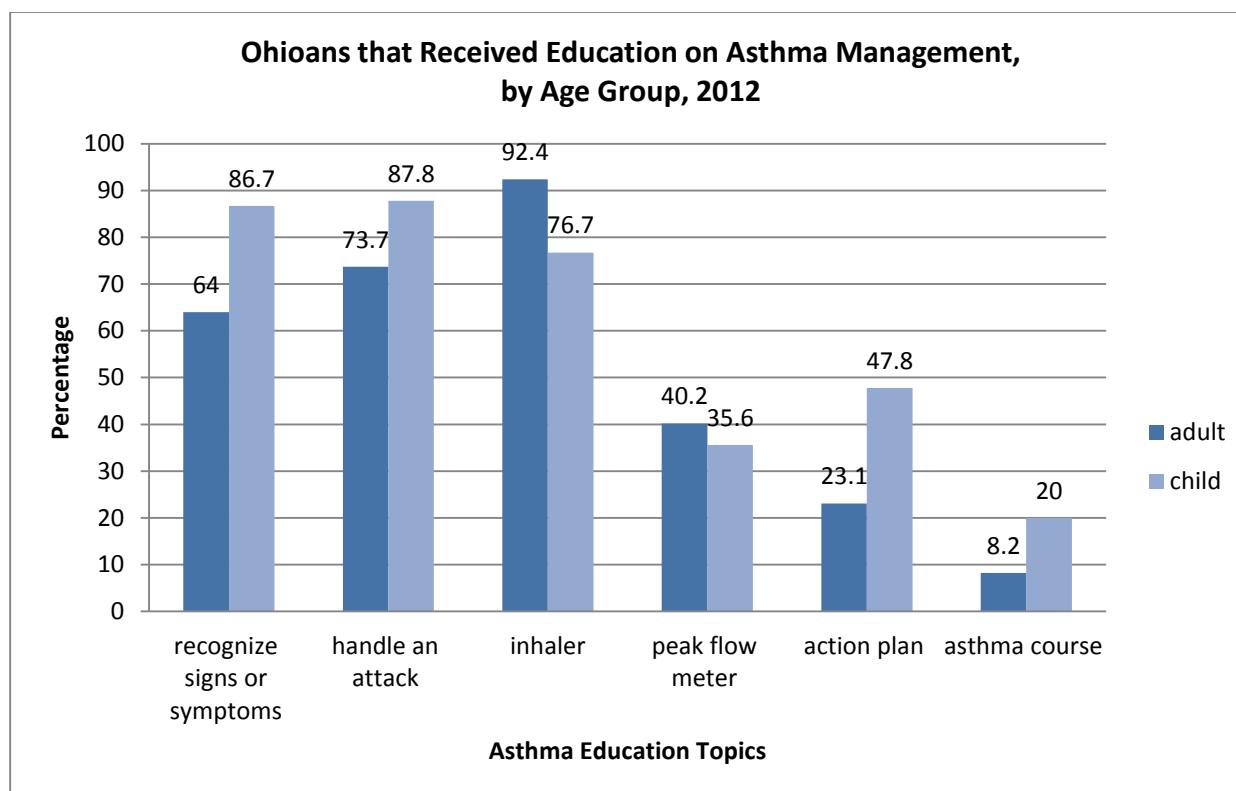
Managing asthma requires a long-term, multifaceted approach, including patient education, behavior changes, asthma trigger avoidance, pharmacological therapy and frequent medical follow-up. Getting education in asthma self-management helps patients gain confidence, skills and motivation to control their asthma. The aim is to help patients to manage their own or their child's asthma more effectively, in order to reduce the need for unplanned physician visits, emergency room visits/hospital admissions and missed school and work.

Asthma control is possible, but it requires proper self-management through scheduled physician visits, medication adherence, communication with family or caregivers and management of environmental triggers to achieve successful control. Adults as well as children require education about these various components of self-management.

Are Ohioans receiving asthma self-management education?

Selected results on asthma education among adults and children aged less than 18 years from the 2012 Ohio Asthma Call-Back Survey are presented on the back of this document.

ACBS results show that children in Ohio are about twice as likely as adults to have received an asthma action plan from a doctor or other health professional.



Source: Centers for Disease Control and Prevention, Asthma Call-Back Survey, Year 2012

The majority of Ohioans with asthma report being taught about acute episodes by a health professional. Education on chronic asthma care is less frequently received. For example, among patients with asthma who used a prescription inhaler, three out of four children, and nine out of 10 adults report that a doctor or other health professional taught them to use an inhaler. In contrast, less than half of those with asthma say they have received education or resources focused on daily asthma maintenance and asthma attack avoidance (e.g., asthma action plan or asthma management course).

Four out of five adults and three in four children were taught the signs and symptoms of asthma, including breathing changes, wheezing, coughing, mood changes and shortness of breath. Recognizing signs and symptoms of asthma is important so that treatment and other interventions can occur immediately.

A peak flow meter is a measuring device that enables airflow to be assessed in the lungs. Many health care providers believe peak flow meters are of most help for people with moderate and severe asthma; they may not recommend a peak flow meter for patients with mild asthma or where daily medication is not used.

Results of the ACBS also show that Ohio children are more likely than adults to receive an Asthma Action Plan. An Asthma Action Plan (Green/Yellow/Red plan) should include a list of triggers and how to avoid them, what to do when symptoms appear and information on medications and when they should be taken.

The Asthma Action Plan shows daily treatment, such as what kind of medications to take and when to take them. The plan also describes how to control asthma long term and how to handle asthma attacks. It should also explain when to contact a health professional. Having a written Asthma Action Plan makes it easier to measure whether the patient's asthma is under control and outlines exactly what steps to take when it is not.

Encouraging self-management can lead to better outcomes and better quality of life for asthma patients. The Ohio Department of Health Asthma Program is working to ensure that appropriate guidelines are followed by physicians and other health professionals who care for patients with asthma.

For more information about asthma self-management, please see the ODH Asthma Page at:

<http://www.odh.ohio.gov/odhprograms/eh/asthma/asthma1.aspx>