

Fall Focus on Asthma
November 2, 2005, 9:00-1:00
Crowne Plaza Hotel, Lake Oswego
Lake Oswego, Oregon

Attendance: 42

Overview: This year's focus was on what good asthma care looks like: Participants learned about quality asthma care, engaged in updating the Oregon Asthma Leadership Plan, learned about community specific resources, and shared current information about asthma in Oregon and the impact of tobacco and flu on asthma.

Oregon Asthma Program Highlights:

Current Asthma Data:

1. Purpose: To highlight the discrepancies between what people with asthma report when asked if they received and understand instructions from their doctor on taking medication and responding to an asthma attack, and what their self-reported symptoms and claims data from their health plan indicate.

2. Data: OAP staff presented:
 - The most recent prevalence data available for children and adults in Oregon and nationally.
 - National prevalence data over time.
 - Self-reported data on frequency of symptoms and understanding of written instructions on taking medication and responding to an asthma attack.OAP staff presented data on four key asthma indicators:
 - Emergency department use,
 - 30 day follow-up after an emergency department visit,
 - Dispensing of short acting beta₂agonist (rescue medication)
 - Dispensing of inhaled anti-inflammatory (controller medication)These indicators were measured using a comparison of health plan claims data and self-report data on symptoms and perceptions of asthma control:
To review specific data points, please visit our website at www.healthoregon.org/asthma/

3. Conclusion: Using data helps Oregon target efforts more effectively and define areas of concern in regards to asthma care and patient self-management in between visits to the doctor. Continued efforts to understand why these discrepancies exist will help partners in Oregon to target efforts towards improving self-management knowledge and skills through both health systems and community support systems.

What is going on with Asthma and Tobacco?

1. Purpose: To present the effects of tobacco on asthma and to highlight the Oregon's public health problem adult asthmatics who smoke.
2. OAP staff presented data on the effect of tobacco on asthma:
 - Emphasized the measurement of self-reported data on smokers with asthma versus those without asthma in Oregon.
 - Reviewed statewide prevalence data in asthmatic adults by smoking status.
 - Reviewed data on activity limitations and sick days among people with asthma who smoke and those who do not smoke.
 - Addressed data sources on smoking and asthma morbidity including those pertaining to pregnant women who smoke as well as smoking and asthma treatment.
3. Conclusion: There is sufficient evidence to conclude that exposure to tobacco smoke increases asthma symptoms and attacks for smokers, non-smokers, and former smokers. Continued efforts to eliminate the health effects of tobacco on asthma are needed.

Oregon Resources to help support people with asthma:

Purpose: To share information about resources available to support people with asthma. Resources included:

- Oregon Asthma Resource Bank (online at www.healthoregon.org/asthma/resourcebank/),
- Updated *Guide to Improving Asthma Care in Oregon* (online at <http://www.oregon.gov/DHS/ph/asthma/guideor.shtml>) and Pocket Guide,
- Oregon Tobacco Quitline (1-877-270-STOP).
- *Living Well with Chronic Conditions* (Stanford University's Chronic Disease Self-Management Program). For information on local classes, contact Tracy Alexander at (971) 673-1103. For information on trainers in other parts of the state, contact Tracy Alexander at (971) 673-1103 or Jennifer Mead at (971) 673-1035.
- American Lung Association of Oregon (www.lungoregon.org). For information on available programs, contact Beverly Stewart at (503) 924-4094 or 1-800 Lung-USA.
- Oregon Environmental Coalition-*It's not Cool to Idle at School* program. For information, contact Laura Weiss at 503-222-1963 ext. 111
- Asthma Friendly Schools Demonstration Project grant opportunity. For information on applying for 2006-2007 school year, contact Jim Terhune at (503) 378-3600 ext. 2324.

Roundtable Discussions:

Topic: What are our objectives for the next five years?

Purpose: The Oregon Asthma Leadership Plan is the statewide plan developed by the Oregon Asthma Network (made up of over 1600 members statewide) to reduce the burden of asthma in Oregon. The plan focuses on 5 priority areas including: Partnerships, Schools and Asthma, Self-Management and Public Awareness of Asthma, Air Quality and Asthma, and Health Care Provider Resources and Education.

Process: Members were asked to review and provide revisions to the strategies and objectives outlined in the Oregon Asthma Leadership Plan. Participants broke into groups based on the five priority areas. Participants revised current objectives and developed new strategies and objectives based in part on feedback from interviews with national experts and a survey of key informants. Then participants were asked to individually prioritize the objectives in each area to determine which objectives OAN members felt were more or less in need of immediate attention.

Community Partnership Updates

Purpose: Provide updates on current resources available to communities to address flu season, tobacco smoke, and asthma in general.

1. Flu Update: Maria Grumm provided an update on how the state and Multnomah County are addressing flu season. Maria indicated that there is not a shortage in vaccine this year. She also provided a handout with available flu clinics in the metro area for high-risk populations.
2. Tobacco Update: Cathryn Cushing from TPEP reported that they have \$6.9 million secured for the 2005-2007 biennium. TPEP will be working to achieve a comprehensive program focused on funding counties, multi-cultural and tribal programs, and school programs. TPEP also intends to conduct a public awareness and education campaign and continue to support the Oregon Tobacco Quit Line. In Multnomah County, TPEP and the Tri-county coalition achieved a great success with Tri-Met making most bus and MAX shelters smoke free. Upcoming projects include: supporting smoke-free multi-unit housing and a smoke free bar registry campaign.
3. Beverly Stewart from the American Lung Association of Oregon shared information on programs that are available to communities across the state to support asthma and tobacco education in school and community environments. Programs include: Tools For Schools, Open Airways for Schools, Exercise and Asthma, Fresh Air for Little Nose, the Master Home Environmentalist Program, and Asthma Friendly Camp. For more information on available programs, contact Beverly Stewart at (503) 924-4094, ext 32 or 1-800 LUNG USA ext 32.

ALAO is also in charge of providing technical assistance to schools to support the process of implementing the new Tobacco Free Schools policy that goes into effect January 2006. For information on this project, contact Dana Kaye, School Tobacco Policy Coordinator at (503) 924-4094 ext 19 or 1-800 Lung USA ext. 19.

4. Asthma Friendly Schools Demonstration Project: Jim Terhune provided an overview of the Asthma Friendly Schools Demonstration project, a project supported by the Centers for Disease Control that is targeted at helping schools become more asthma friendly. Contact Jim Terhune at the Oregon Department of Education at (503) 378-3600 ext 2324 or jim.terhune@state.or.us for information on applying to become and asthma friendly school.

Keynote Address: What Does Good Asthma Care Look like?

Dr. Michael Lewis from Legacy Emanuel Northwest presented the Keynote Address on what quality asthma care looks like. Participants learned about what physicians assess when treating a patient, the recommended medications and responses to asthma problems, and the importance of avoiding exposure to triggers.