

Fall Focus on Asthma
October 14, 2004, 9:00-1:00 pm
St. Anthony Hospital
Pendleton, Oregon

Attendance: 12 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: state facts on asthma, increase or decrease in asthma prevalence, education materials and approaches, community networking, 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: Pendleton:

Umatilla County:

Janet Jones updated people on the tobacco program in Umatilla County. They were shut down due to budget cuts, but are back up at a minimum level. Janet is a great resource for educational and promotional materials. She is also the person who takes any complaints on the Tobacco Free Workplace law. The tobacco coalition in Umatilla County is working with bars to voluntarily be smoke free. The group expressed an interest to reduce smoking at sporting events. There is an outside, out of school, problem that needs to be resolved. It should be noted that the City of Pendleton passed an ordinance banning free tobacco sales in Pendleton. Congratulations! If you would like more information please contact Janet at: janet_jones@class.oregonvos.net.

Clinicians expressed a concern about tobacco cessation not fully being covered by Medicare. It is hard to do tobacco cessation if there is not reimbursement schedule. Follow-up is needed to clarify what Medicare will cover.

There is interest in having clinics get the quit kits from the Quitline, but they were told that they are only available through the Quitline, and despite the longer than normal wait to get through, it is still the best resource for people who want to quit smoking.

Flu update: There are very few doses in this area. Only people at high risk will be getting the flu vaccine, and people with asthma are in that category.

Department of Environmental Quality (DEQ):

Tom Hack with the DEQ indicated that he is the person to contact if there are outdoor air quality complaints. His contact information is: hack.tom@deq.state.or.us. People did discuss the concern with illegal burning, and agricultural burning.

Other Community Work:

Jack Morrison with Good Shepard Hospital in Hermiston is working on components of the Chronic Care Model to improve care for their patients with asthma. The hospital is interested in learning more about asthma management under this model. The hospital currently has developed an asthma registry.

Tim Nielsen is working with the Asthma Friendly School site in Elgin. They are looking for community resources and support. If you are interested in partnering with them on this project please contact Tim at: tsneilson1@yahoo.com.

The respiratory therapy unit with St. Anthony's had three representatives. They are working on an initiative for healthier communities by focusing on tobacco cessation in the hospitals, along with asthma education. They provide both in and out patient care.

Head Start in Umatilla County is interested in asthma education that would clarify the confusion around the disease. The Oregon Asthma Program will provide contact information for asthma education programs in the state that can be a resource.

Glaxosmithkline shared information about some asthma education programs they are providing in communities. If you would like more information please contact Monty at monty.m.mills@gsk.com

Resource Bank materials and 5 A's Training Comments:

Resource Bank materials

David and Kirsten conducted two 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