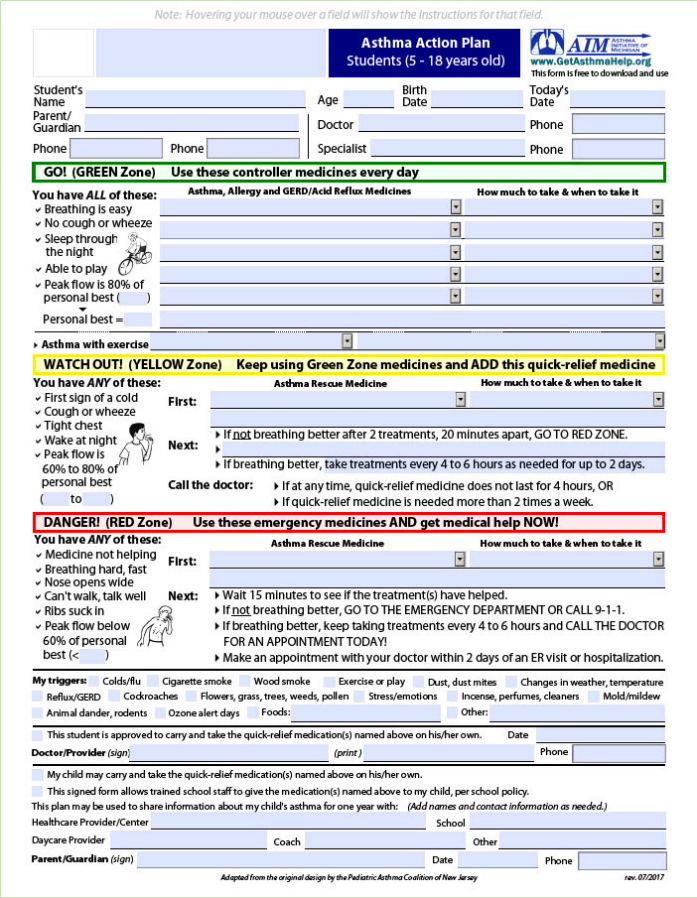
e-AAPs!

- Adult, student (5-18), 0-4
  - Easy-to-use, fillable PDFs
  - Customizable to your clinic and can be added to EHRs
  - Each plan
    - age-appropriate medications and doses in drop down menus for asthma, GERD and allergy medications
    - triggers section
  - 0-4 version includes a place for parental permission to administer meds at school or daycare
  - Student version includes places for permission to self-carry and administer inhalers at school, and to share the AAP with others who need it



Note: Hovering your mouse over a field will show the instructions for that field.

Asthma Action Plan
Students (5 - 18 years old)

AIM Asthma Initiative of Michigan
www.GetAsthmaHelp.org
This form is free to download and use

Student's Name | Age | Birth Date | Today's Date
Parent/Guardian | Doctor | Phone
Phone | Phone | Specialist | Phone

GO! (GREEN Zone) Use these controller medicines every day

You have *ALL* of these: | **Asthma, Allergy and GERD/Acid Reflux Medicines** | **How much to take & when to take it**
- Breathing is easy
- No cough or wheeze
- Sleep through the night
- Able to play
- Peak flow is 80% of personal best ( )

Personal best =

- **Asthma with exercise**

WATCH OUT! (YELLOW Zone) Keep using Green Zone medicines and ADD this quick-relief medicine

You have *ANY* of these: | **Asthma Rescue Medicine** | **How much to take & when to take it**
- First sign of a cold
- Cough or wheeze
- Tight chest
- Wake at night
- Peak flow is 60% to 80% of personal best (to)

First:

Next:
- If not breathing better after 2 treatments, 20 minutes apart, GO TO RED ZONE.
- If breathing better, take treatments every 4 to 6 hours as needed for up to 2 days.

Call the doctor:
- If at any time, quick-relief medicine does not last for 4 hours, OR
- If quick-relief medicine is needed more than 2 times a week.

DANGER! (RED Zone) Use these emergency medicines AND get medical help NOW!

You have *ANY* of these: | **Asthma Rescue Medicine** | **How much to take & when to take it**
- Medicine not helping
- Breathing hard, fast
- Nose opens wide
- Can't walk, talk well
- Ribs suck in
- Peak flow below 60% of personal best (<)

First:

Next:
- Wait 15 minutes to see if the treatment(s) have helped.
- If not breathing better, GO TO THE EMERGENCY DEPARTMENT OR CALL 9-1-1.
- If breathing better, keep taking treatments every 4 to 6 hours and CALL THE DOCTOR FOR AN APPOINTMENT TODAY!
- Make an appointment with your doctor within 2 days of an ER visit or hospitalization.

My triggers: Colds/flu | Cigarette smoke | Wood smoke | Exercise or play | Dust, dust mites | Changes in weather, temperature | Reflux/GERD | Cockroaches | Flowers, grass, trees, weeds, pollen | Stress/emotions | Incense, perfumes, cleaners | Mold/mildew | Animal dander, rodents | Ozone alert days | Foods: | Other:

This student is approved to carry and take the quick-relief medication(s) named above on his/her own. Date

Doctor/Provider *(sign)* *(print)* Phone

My child may carry and take the quick-relief medication(s) named above on his/her own.

This signed form allows trained school staff to give the medication(s) named above to my child, per school policy.

This plan may be used to share information about my child's asthma for one year with: *(Add names and contact information as needed.)*

Healthcare Provider/Center | School
Daycare Provider | Coach | Other
Parent/Guardian *(sign)* | Date | Phone

Adapted from the original design by the Pediatric Asthma Coalition of New Jersey *rev. 07/2017*

http://getasthmahelp.org/actionplans.aspx

Asthma News!

Weekly-ish e-digest of asthma news, research & opportunities

Don't want to be on the listserv? Contact me!

AIM Asthma Initiative of Michigan

www.GetAsthmaHelp.org

Save the Date - AIM Partnership Forum - June 6, 2017
Plan to attend the Asthma Initiative of Michigan's Partnership Forum on June 6, 2017 from 9 a.m. to 3:30 p.m. at Lansing Community College, West Campus (Lansing). For questions about attending or sponsoring the Forum, contact John Dowling.

CDC Community-Clinical Linkages for the Prevention & Control of Chronic Diseases - Practitioners Guide
This document provides key strategies to implement community-clinical linkages that focus on adults, and additional implementation resources for public health practitioners.

Asthma, anaphylactic emergencies indistinguishable by smartphone voice assistants
Patients who used smartphone-based voice assistants were not able to receive complete or consistent feedback from the program when asking about asthma or allergy emergencies, according to a new study.

Children's asthma symptoms improve when families educated on reducing household allergens
A new study published in JAMA found that a year-long intensive integrated pest management intervention was no more effective than education in improving symptoms among mouse-sensitized children and adolescents with asthma.

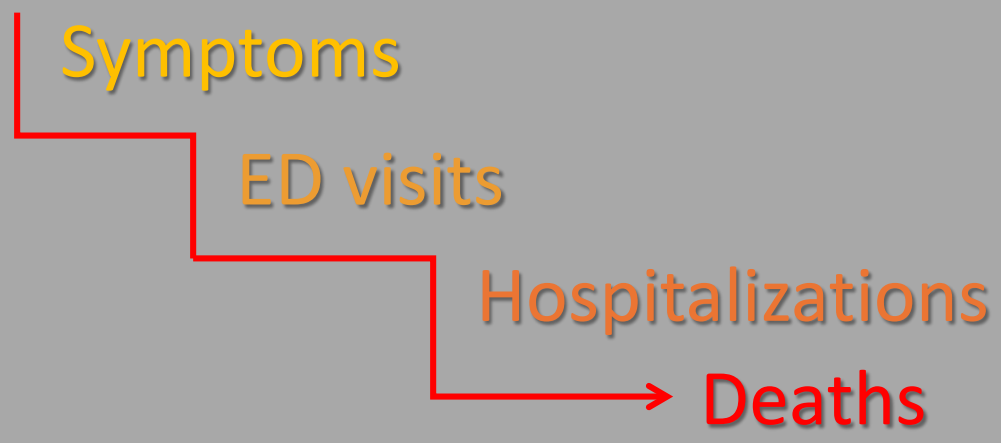
Tisa Vorce, Asthma Program
Michigan Department of Health & Human Services

Improving access to spacers in Michigan

Tisa Vorce, MA, RRT
Michigan Dept. of Health & Human Services
517-335-9463 or VorceT@michigan.gov

Why Spacers/Valved Holding Chambers?

- EPR-3 recommends their use to improve medication delivery
- Spacers/valved holding chambers can be considered life-saving devices. Better medication disposition = better control, leading to fewer



Spacers in Michigan

- Anecdotally – pretty terrible
- Almost 40,000 kids with persistent asthma in Michigan Medicaid
- About 2,000 spacers dispensed at the pharmacy to Michigan Medicaid clients in 2010

Michigan Medicaid Spacer Policy

Medicaid Provider Manual

14.13 PEAK FLOW METERS, SPACERS, AND AEROCHAMBERS

- Peak flow meters, spacers, and aerochambers listed in the MPPL may be billed by pharmacies.
- Coverage is limited to four (4) peak flow meters per year, and four (4) spacers and/or aerochambers combined total per year.

2016

- Spacer Barrier Project Team
- Medicaid QI Section staff
- CDC 6|18 Initiative

6|18 Initiative

- Intense discussions about barriers and health plans
- Survey the health plans about spacer access and policies (and a few other things)
- Follow-up on survey results with individual health plans

6|18

RESULTS

- All Medicaid Managed Care Plans
  - Spacers a covered Medicaid benefit at the pharmacy
  - 4/year, many allow dispensing 2 at a time
  - No prior authorization needed
  - Rejection messages improved
- Medicaid Care Managers Director Meeting

Surprise!!

- In May we found out that in April, many spacers (and masks) had been added to the Michigan Medicaid Health Plan common formulary!
- All pharmacies can see what to keep in stock

ACE AEROSOL CLOUD ENHANCER
AEROCHAMBER MINI
AEROCHAMBER MV HOLD CHAMBER
AEROCHAMBER PLUS FLOW-VU
AEROCHAMBER PLUS FLOW-VU LARGE
AEROCHAMBER PLUS FLOW-VU MED
AEROCHAMBER PLUS FLOW-VU SMALL
AEROCHAMBER PLUS W-FLOWSIGNAL
AEROCHAMBER PLUS Z STAT
AEROCHAMBER PLUS Z STAT LARGE
AEROCHAMBER PLUS Z STAT MEDIUM
AEROCHAMBER PLUS Z STAT SMALL
AEROCHAMBER Z-STAT PLUS LARGE
AEROCHAMBER Z-STAT PLUS W-FLOW
AEROCHAMBER Z-STAT PLUS-MED
AEROCHAMBER Z-STAT PLUS-SMALL
AEROTRACH HOLDING CHAMBER
BREATHERITE MDI SPACER
BREATHRITE VALVED MDI CHAMBER
BREATHRITE VALVED MDI SPACER
COMPACT SPACE CHAMBER PLUS
EASIVENT HOLDING CHAMBER
EASIVENT MASK-LARGE
EASIVENT MASK-MEDIUM
EASIVENT MASK-SMALL
E-Z SPACER
INSPIRACHAMBER
INSPIRACHAMBER WITH MASK-MED
INSPIRACHAMBER WITH MASK-SMALL
LITEAIRE MDI CHAMBER
LITETOUCH LARGE MASK

http://www.michigan.gov/documents/mdhhs/Managed_Care_Common_Formulary_Listing_506275_7.pdf page 117

Straight Medicaid/FFS

- Any Aerochamber® brand device (and masks) covered
- Up to 4 valved holding chambers/spacers each year <u>at the pharmacy</u>
- No prior authorization needed

Spread the word

Medicaid managed plan members

- Up to 4 valved holding chambers/spacers each year at the pharmacy, no prior auth needed
- Many spacers (and masks) are included on the Medicaid common formulary

Straight Medicaid/FFS members

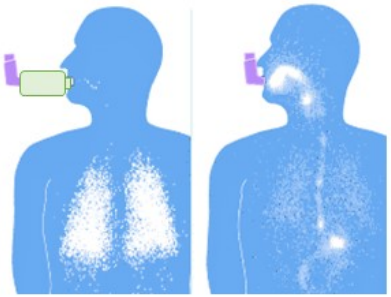
- Up to 4 valved holding chambers/spacers each year at the pharmacy, no prior auth needed
- Any Aerochamber brand device (and masks) covered

Learn more at www.GetAsthmaHelp.org/spacers

Spacers + Inhalers for Asthma
Easy as 1 – 2 – 3!

1 Get a prescription for a spacer from your doctor.

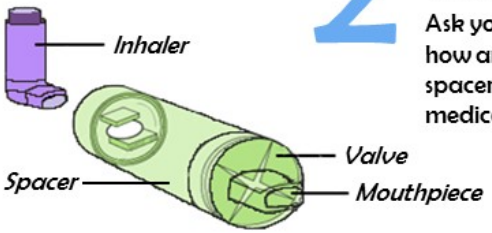
Using a spacer means that you will get more of the medicine in your lungs where it's needed. Michigan Medicaid plans allow 4 spacers every year from the pharmacy. The pharmacist can call your insurance for more information.



Medicaid plans pay for rides to and from doctor visits and the pharmacy.

2 Learn how to use your inhalers with your spacer.

Ask your doctor or pharmacist to show you how and when to use your inhalers with the spacer. Bring your spacer and all of your medications to each doctor visit.



3 Use your spacer every time you use your inhalers!

Keep your rescue inhaler and spacer with you at all times! Use the spacer with your long-term controller inhaler if it needs it.

Learn more at
GetAsthmaHelp.org/spacers

AIM Asthma Initiative of Michigan

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Our work's not done…

- Education
  - Patients: Why do I need a spacer? It's worth the hassle?
  - Clinicians: Medicaid members (should be able to) get them easily so write the prescription!
- Commercial plans
  - Would like to get better idea of access, coverage & work to improve if needed
  - Advise patients that if spacers are only covered at DME they can have it mailed to them

Questions?

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