

## INTRODUCTION

- The Global Initiative for Asthma's (GINA) 2023 guidelines recommend that all patients with asthma should be provided with a written Asthma Action Plan (AAP).
- Studies have shown that having an AAP allows patients to identify triggers and early exacerbation of their asthma. It also provides them with a written guide for medication escalation and when to call emergency services.
- Implementing AAPs into primary care clinic can allow patients, particularly those with limited health literacy or access to specialty care, to effectively manage their asthma symptoms without progression to a life-threatening exacerbation.
- SMART Aim: To determine the effect of implementing an asthma action plan for every adult diagnosed with persistent asthma in accordance with GINA guidelines.

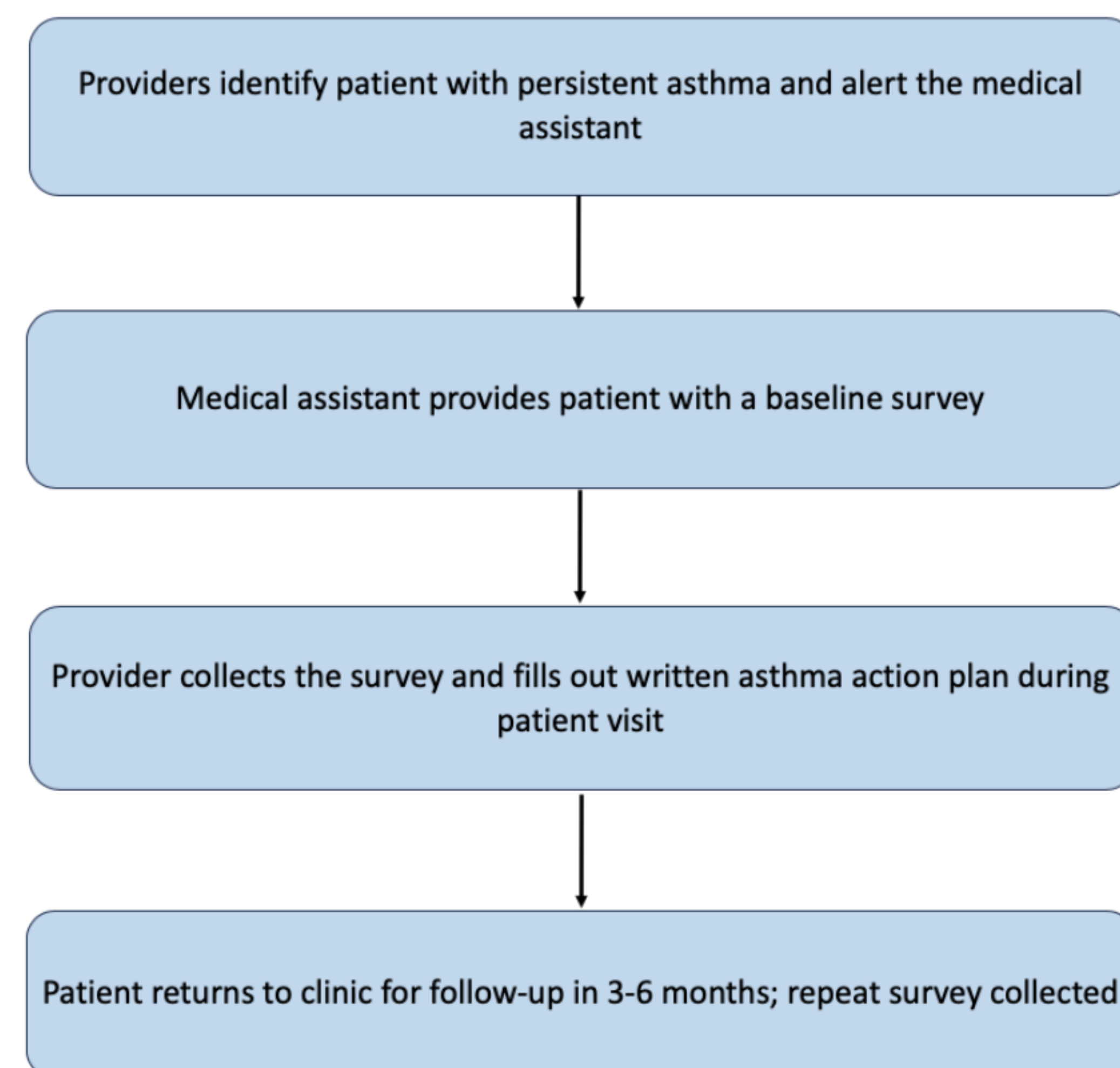
## METHODS

- Inclusion Criteria – patients presenting to resident clinic with diagnosis of persistent asthma (mild, moderate, severe) or patients presenting after hospitalization for acute asthma exacerbation
- Exclusion Criteria – patients with mild intermittent asthma
- Test of change: Implementing an AAP with step-wise escalation of care that is patient-centered will reduce hospitalizations and ED visits for asthma exacerbation.

## STUDY DESIGN

- 0% of current asthma-related visits at the primary care resident clinic involve implementing an asthma action plan.
- Goal: increase the utilization of AAPs to at least 50% for asthma-related visits

<b>PLAN</b>	Research ways to incorporate AAP into patient visit
<b>DO</b>	Provide patients with asthma with AAP at routine visit
<b>STUDY</b>	Collect patient outcomes data over 3 months
<b>ACT</b>	Train providers to routinely use AAP at patient visits



## CONCLUSION

- While this study is ongoing, we predict that the outcomes will be improved after implementation of a written AAP in the primary care clinic patient population.
- AAPs were identified by GINA as a "high impact implementation intervention" as a part of self-management of asthma symptoms

## DISCUSSION

- Recent literature demonstrates that utilization of AAPs in primary care settings can improve management of asthma.
- AAPs remain under-utilized despite the evidence that they lead to improved outcome measures for patients with asthma.
- Barriers to implementation of AAPs include provider unfamiliarity with appropriate step-up therapy, time needed to discuss the written AAP with patients, and availability of resources such as peak flow meters.

## REFERENCES

- Global Initiative for Asthma. Global Strategy for Asthma Management and Prevention, 2023. Updated July 2023. Available from: [www.ginasthma.org](http://www.ginasthma.org)
- Kuori A, et al. New evidence-based tool to guide the creation of asthma action plans for adults. *Canadian Family Physician*. 2019; 65: 103-106.