



## ASTHMA SELF-MANAGEMENT EDUCATION (ASM ED) 2011 EVALUATION FINDINGS

### PROGRAM DESCRIPTION:

- Pilot project implemented March-August 2011 in Nor-Lea General Hospital (NLGH), Lovington, New Mexico
- Partners include: NLGH Cardio-Pulmonary Rehabilitation Unit; NM Department of Health (NMDOH) Asthma Program; University of New Mexico (UNM) Project ECHO (Extension for Community Healthcare Outcomes); Certified Asthma Educator (AE-C).
- AE-C provided ASM ED 2x/month by appointment.
- Education based on NAEPP Guidelines <http://www.nhlbi.nih.gov/about/naepp/index.htm>.

### PATIENT DEMOGRAPHICS & ENCOUNTERS:

- The average age of the patients was 9 years old;
  - 63% were male;
  - 87% were Hispanic;
  - 57% preferred to speak English;
  - 73% of patients had health insurance.
- 30 patients had a total of 68 encounters with AE-C, averaging 2 visits per patient.

### PROGRAM IMPACT:

- At end of the first visit, 89% of caregivers for patients 18 years of age and younger (n=27) and 33% of patients over the age of 18 years (n=3) could:
  - ✓ Demonstrate correct use of medications,
  - ✓ Name relevant triggers and how to avoid them, and
  - ✓ Explain how to use their asthma action plan.
- For patients who returned for a second visit (n=22):
  - ✓ Asthma Control Test (ACT) average scores increased significantly (p=.004) from an average score of 16 (not well controlled asthma) in the first visit to an average score of 21 (well controlled) in the second visit.
  - ✓ Average number of emergency room visits decreased from .1 to .013 visits per month.
  - ✓ Average number of hospitalizations decreased from .046 to .008 hospitalizations per month.

### PROGRAM SUSTAINABILITY:

- 90% (n=61) of patient encounters claims were submitted for reimbursement (CPT Code: 98960).
- 20% of claims received payment.
- 100% of claims submitted to Health Smart, BC/BS of NM and BC/BS Salud were reimbursed.
- NLGH is currently following-up with insurance companies regarding denied claims.

### RECOMMENDATIONS:

- Replicate the **ASM ED** Program in NLGH satellite clinics.
- Market **ASM ED** to NLGH Medical Group providers.
- Encourage providers to refer all asthma patients for **ASM ED**.
- Share **ASM ED** pilot results/program model with hospitals/medical groups in New Mexico.
- Encourage providers to partner with AE-Cs in their area to provide **ASM ED** in their clinics.
- Work to improve reimbursement for patient asthma education statewide via stakeholders, such as NMDOH Asthma Program, New Mexico Council on Asthma (NMCOA), universities, hospitals, Managed Care Organizations, and patient interest/advocacy groups.
- Present the Sustainability component of the evaluation to the NMCOA for input and action.