Asthma Ready® Communities
Index of Education Programs

Asthma Ready® Communities (ARC) is an overarching endeavor to provide standardized, evidence-based education and care for Missouri children with asthma. ARC programs enhance the readiness of health care professionals and facilities to provide cost-efficient care that is compliant with the Guidelines for the Diagnosis and Management of Asthma: Expert Panel Report 3 (EPR3)1. For parents and caregivers, these programs provide essential knowledge and skills to improve asthma control in infants and children.

All educational programs are based on IMPACT Asthma Kids©, an interactive, multimedia self-management program for school age children that has been recognized as an effective asthma self-care program2. Educators complete web-based curriculum training for individual programs. Upon successful completion of the web-based training, credentialed educators receive instructional folders, interactive media and tools necessary to complete sessions. Companion multimedia, instructional materials are provided for asthma self-care education at home with the family. There is currently no charge for training or instructional materials and included equipment.

- **Acting on Behalf of my Child© (ABC) to Control Asthma** - For the parents and caregivers of infants and young children with asthma. Includes DVD with asthma literacy booklet promoting the importance and safety of an inhaled corticosteroid (ICS) in the medication regimen. (CPT 98960)

- **Asthma Control Everyday© (ACE)** - For school age children and their families. Supports a face-to-face session with a trained educator. (CPT 98960)

- **Counseling for Asthma Risk Reduction© (CARR)** - For clinic-based asthma educators to provide comprehensive education and guidance to children and families during the first four (4) clinic visits for asthma. (CPT 99402, 99401)

- **Pharmacist’s Asthma Encounter Management Application Training© (EMA)** - For Missouri pharmacists. An automated point-of-dispensing system to address asthma medication-related problems and other self-care issues. (CPT 99605)

- **Teaming Up for Asthma Control© (TUAC)** - For school age children. An asthma literacy program that is combined with school nurse training. Includes an educational DVD with parent and student activity sheets to share with school nurse. The nurse receives 3.0 hours of on-line training and then receives curriculum and equipment at no cost.

- **On-line Asthma Training (6 hours) and Credentialing (2-3 hours)** - Completion of either a face-to-face Becoming an Asthma Educator and Care Manager (BAECM)© 6-hour workshop OR on-line BAECM, 3.5 hours plus EPR3 Highlights, 2.5 hours is required for designation as a mid-level asthma worker and member of the Missouri Asthma Educator Network (MAEN). Members are then eligible for credentialing through additional on-line training for use of population-specific standardized asthma education curricula (ABC, ACE, or CARR). Reimbursement is available for delivering these services to eligible children and their families.

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3 EPR3, p. 111.
ABC is designed for parents and caregivers of infants and young children with very poorly controlled asthma. This educational program provides basic information on childhood asthma and how to care for it. Key messages include monitoring your child’s breathing, giving medication, reducing triggers and managing symptoms. Important questions are answered about childhood asthma. The home version includes a DVD with IMPACT Asthma Kids© & an asthma literacy booklet promoting inhaled corticosteroid (ICS) medication use twice every day. For the local clinic worker or asthma educator, there are 2.5 hours of on-line training with equipment and curriculum provided at no cost. Reimbursement is $50 by ARC* for each completed session. The educator-led version provides 1.5 hours of face-to-face asthma education using standardized media and curriculum. Asthma can be well controlled in infants and young children with the appropriate equipment and by engaging in the care outlined in this educational tool.

ACE is for the school age child with asthma and their family. This asthma self-management program provides an evidence-based learning opportunity and focuses on four key messages: 1) importance of taking an ICS twice a day every day, 2) how medication is breathed into the lungs (called inhalation technique), 3) how to avoid asthma triggers and 4) importance of measuring airflow. The program is based on self-regulation theory and aims to promote self-care by school-aged children with oversight and coaching by parents. Cartoons, music videos and celebrities deliver the 4 key messages and information about quick relief medications, nose care and coaching tips for parents and caregivers. This program includes a DVD with asthma literacy booklet. For the local clinic worker or asthma educator, 3.0 hours of on-line training with equipment and curricula are provided at no cost. Reimbursement is $50 by ARC for each completed session.* This is an educator-led program that requires a single 1.5 hours, face-to-face session with a credentialed educator using the ACE curriculum and a standardized assessment that guides the interaction. ACE is appropriate for school-age children with very poorly controlled asthma.

This continuing nursing education activity was approved for 2.5 contact hours by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

This continuing nursing education activity was approved for 3.0 contact hours by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.
TUAC is an asthma literacy program coupled with school nurse competency training. School nurses receive 3.0 hours of on-line training, delivered as streaming video, with online pretest and posttest. Following successful completion of training the school nurse receives the asthma literacy curriculum for students and parents, free digital flow meter for measuring forced expiratory volume in 1 second (FEV1)/ peak expiratory flow (PEF) and an In Check Dial to improve students' inhalation technique. School nurses identify students with persistent asthma to take part in the TUAC program. At school, students watch a 20 minute CD/DVD based on IMPACT Asthma Kids©. At home with their parents, students complete a take-home learning packet with a DVD promoting partnership between health care provider, school nurse, student and parents. The take-home learning packet includes a DVD, Student Activity Sheets and Parent Information Sheets with four (4) key asthma literacy messages: 1) taking ICS every day improves asthma control; 2) measuring airflow lets you know how much asthma is limiting breathing; 3) breathing medicines into the lungs requires practice and coaching; and 4) avoiding triggers improves control.

This continuing nursing education activity was approved for 3.0 contact hours by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

CARR is for clinic-based educators to encourage use of standardized multi-media curriculum to provide comprehensive education and guidance to children and families during the first four clinic visits for asthma. Educators view streaming videos covering key educational messages, an explanation of billing guidelines, recommended schedule for educational sessions and an outline summarizing the topics to be covered at each session. After completing on-line training and testing, educators receive a kit that contains: 1) health care provider guide to asthma care, 2) 32-lesson flip chart, 3) patient handouts, 4) guide to use and care of asthma equipment, 5) the ICS Star Chart© and incentive offer (to promote adherence), 6) flash drive with electronic versions of all media, additional asthma resources and 44 IMPACT Asthma Kids© animations, 7) standardized assessment forms, and 8) a digital flow meter for measuring FEV1 to assess airflow, and 9) an In-Check Dial™ to assess and improve patients' inhalation technique. CARR qualifies for third party reimbursement; however, not all insurers reimburse for this service. ARC provides payment for taking part in the CARR evaluation.

This activity has been submitted to the Missouri Nurses Association for approval to award nursing contact hours. The Missouri Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.
Asthma Ready® Communities in partnership with the Association of Asthma Educators (AAE), national and state experts and Missouri schools of pharmacy produced a 75 minute web-based training program for pharmacists. The program enhances medication therapy management (MTM) through EPR3-compliant standardized patient education. MTM addresses asthma medication related problems (MRP) identified through automated claims analysis. The program is available at no cost to 400 pharmacists in selected Missouri counties as part of the Early Childhood Asthma Initiative. EMA training will be made available to 9,000 licensed pharmacists in Missouri. A logic engine (designed by Xerox™) searches for 17 MRPs by analyzing claims payments for medications, acute care visits and procedures. Issues addressed include underuse of ICS and overuse of short acting beta agonists (SABA). The pharmacist can view 50 expert video clips from Advanced Pharmacology for Asthma Control for quick references to inhalation devices, medications and EPR3 guidelines. Pharmacists are notified of an MRP at the time of medication dispensing and can accept a formal MTM encounter (CPT 99605). An encounter includes a problem-specific assessment, standardized counseling, and documentation & billing within 90 days.

Many modifiable environmental exposures (e.g., pet dander, dust mites, mold, tobacco smoke, volatile organic compounds) can trigger an asthma attack. Sensitivity to triggers varies from person-to-person. The home trigger reduction program, based on a standardized assessment of need, delivers: 1) environmental education for health care providers; 2) trigger reduction education for parents; 3) screening for home asthma triggers with the Childhood Asthma Risk Assessment Tool©; 4) use of the U.S. Environmental Protection Agency’s (EPA) Asthma Home Environment Checklist; and 5) home visits by environmental experts for trigger reduction, including the development of an individualized plan for improving indoor air quality. The EPA questionnaire identifies 18 significant adverse behaviors or conditions that can trigger asthma. A trigger reduction plan identifies corrective actions, such as applying dust-mite covers for pillows and mattresses, using high efficiency filters and controlling mold growth.

*Current procedural terminology (CPT) codes identify which services are provided to patients. Two CPT code sequences have relevance for asthma education — 99402, 01 and 98960, 61 and 62. Insurers set local policies regarding payment for health care services. Several Missouri insurers reimburse clinics for 99402, 01 at the time of this writing. ARC advocates that all patients with “not well controlled asthma” receive 99402 initially and 99401 over the next 3 visits to ensure basic understanding and skills for asthma control are communicated. ARC provides additional reimbursement for CARR evaluation, ACE (98960) and TUAC through a grant by the Missouri Foundation for Health (funding through 12/2013). For more information about reimbursement for asthma education see: http://www.naecb.org/cbr/