

ASTHMA CLINICAL PRACTICE GUIDELINES

The following guidelines are applicable for patients who have a diagnosis of Asthma. For these patients, their medical record will contain documentation of the following:

1. Classification of asthma severity >12 years of age:
 - a. Intermittent: symptoms occur less than twice a week and less than 2 nights/month
 - b. Mild Persistent: symptoms occur more than twice a week, but not daily and 3-4 nights/month
 - c. Moderate Persistent: daily symptoms, and symptoms occurring more than once a week, but not nightly
 - d. Severe Persistent: continuous day and frequent night symptoms

2. For patients with Mild Persistent, Moderate or Severe Asthma:
 - a. Patients will be prescribed inhaled steroids or an acceptable alternative medicine
 - b. Patients will report peak flow meter readings to the physician
 - c. Patient's personal best peak flow reading will be documented in the medical record
 - d. Patient will have a documented action plan for managing asthma if their personal best reading decreases
 - e. A copy of the patient's written action plan will be maintained in the patient's medical record
 - f. A copy of the patient's written action plan will be maintained at school, and with the athletic trainer
 - g. For children age 18 and younger a treatment goal is that patients will have no less than 2 follow-up visits per year or as clinically indicated for asthma treatment, excluding acute exacerbations

3. For all patients, a current treatment plan, including:
 - a. Bronchodilator (inhaled beta-agonist) as a rescue medication
 - b. Spacer as appropriate
 - c. Spirometry initially to confirm diagnosis as appropriate and then every 1-2 years as the condition warrants

4. Environmental assessment, including:
 - a. Allergens (animal dander)
 - b. Irritants (primary and/or secondary smoke)
 - c. Occupational hazards

5. Lifestyle impact, including:
 - a. Days of work/school missed
 - b. Activity restrictions
 - c. Patient or guardian has a current medication list

(continued)

ASTHMA CLINICAL PRACTICE GUIDELINES (continued)

6. Influenza vaccine having been provided on an annual basis
7. Pneumococcal vaccine being provided in adults based on the following criteria:
 - a. Age 65 years or older with no or unknown history of prior receipt of PPSV
 - b. Age 19-64 years with no or unknown history of receipt of PPSV and any of the following conditions:
 1. Cigarette smoker
 2. Asthma
 - c. Adults in need of a second (and final) dose of PPSV if five or more years have elapsed since the previous dose of PPSV and the PPSV was given before 65 years of age and are at high risk for pneumococcal infection

Source: NHLBI/NIH-National Asthma Education and Prevention Program Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma NIH Pub No. 08-5846 (Oct. 2007)

Reviewed by Valley Preferred Health Services Physician Advisory Committee
[Complete list of reviewers](#)

Original: 12/2005 Revised: 6/4/2010