

Asthma Action Plan: Training Examples for Practice Facilitators

- **Severity Example “Mikey Smith”**
 - 6 years old, 45 inches tall, Male, Medicaid Insurance
 - **Predicted Peak Flow** = 173 (based on calculation)
 - Green Zone: > 138 Yellow Zone: 86-138 Red Zone: < 86
 - Adjust **Personal Best Peak Flow** to 200 (hit tab to change values)
 - Green Zone: > 160 Yellow Zone: 100-160 Red Zone: < 100
 - **Triggers:** click Indoor Pets, Exercise, Pollen, Smoke, Other Triggers: type in Horses
 - Is patient regularly taking controller medication? **No** → assess **Severity**
 - Symptoms 3-4 times a week, nighttime awakenings once a week, some limitation with normal activity, using albuterol 3-4 times a week, unable to perform spirometry, has required prednisolone 2 or 3 times in the past year
 - Severity closest to **Mild Persistent** → In **Step Therapy Selection** choose **Step 2**
 - Choose **Preferred: Low Dose ICS** (hover over to expand description)
 - At bottom in Controller Medication - **Green Zone** - Choose Medication select **Qvar 40 mcg/spray – 1 puff inhaled twice a day**
 - Click on Alternative: LTRA to show option of Singulair 5 mg – 1 by mouth once a day
 - Go back to Preferred: Low Dose ICS and select Qvar option
 - **Can only select 1 treatment option for Green Zone**
 - 15 minutes **before exercise** use: select **Albuterol HFA 90 mcg/spray – 2 puffs inhaled**
 - **Rescue Medication (can select multiple options here)**
 - **Yellow Zone**
 - Select both **Albuterol 2.5/3mL nebulizer solution** and **Albuterol HFA 90 mcg/spray inhaler**
 - Some providers like to give their patients prescriptions for **Oral Steroids** to fill if they drop into their Yellow Zone – if applicable select **Prednisolone 15mg/5mL – 10 mL daily for 5 days**
 - **Red Zone**
 - Select both **Albuterol 2.5/3mL nebulizer solution** and **Albuterol HFA 90 mcg/spray inhaler**
 - Check box to **use spacer** with all appropriate inhalers
 - **Generate Plan**
 - Enter **Patient and Practice Information**
 - Patient Name: Mikey Smith, DOB: 1/2/2008
 - Practice: ABC Pediatrics, Office #: 123-456-7890, Fax #: 123-456-7899
 - **Add allergy medications** into Green Zone, Take these controller medications area (optional)
 - Zyrtec 5 mg chewable – 1 by mouth at bedtime
 - **View Final Action Plan** at bottom of page
 - **Print Plan** at bottom of page
 - Print several copies to give to patient/parent

ADAPT-NC

Asthma Dissemination Around Patient-centered Treatments in North Carolina



- **Control Example** “Emma Jones”
 - 12 years old, 61 inches tall, Female, Commercial insurance
 - **Predicted Peak Flow** = 387 (based on calculation)
 - Green Zone: > 309 Yellow Zone: 193-309 Red Zone: < 193
 - Adjust **Personal Best Peak Flow** to 350 (hit tab to change values)
 - Green Zone: > 280 Yellow Zone: 175-280 Red Zone: < 175
 - **Triggers:** click Respiratory Infections or Flu, Exercise, Dust
 - Is patient regularly taking controller medication? **Yes** (taking Qvar 80 mcg/spray – 2 puffs inhaled twice a day) → assess **Control**
 - Symptoms 3-4 times a week, nighttime awakenings once a week, some limitation with normal activity, using albuterol 3-4 times a week, unable to perform spirometry, has required prednisone 2 or 3 times in the past year, no ACT
 - **Not Well Controlled** – in Step Therapy Selection **step up 1 step**
 - Qvar 80 mcg/spray – 2 puffs twice a day is in **Step 3 Preferred: Medium Dose ICS** (show Qvar in Controller Medication - Green Zone - Choose Medication area)
 - Step up 1 step to **Step 4**
 - Select **Preferred: Medium Dose ICS + LABA** to show options in Choose Medication list (Advair, Symbicort)
 - Select **Alternative: Medium Dose ICS + LTRA** option
 - Choose Controller Medication **Qvar 80 mcg/spray – 2 puffs twice a day + Singulair 5 mg – 1 by mouth once a day**
 - **Can only select 1 treatment option for Green Zone**
 - 15 minutes **before exercise** use: select **Albuterol HFA 90 mcg/spray – 2 puffs inhaled**
 - **Rescue Medication (can select multiple options here)**
 - **Yellow Zone**
 - Select **Albuterol HFA 90 mcg/spray inhaler**
 - Some providers like to give their patients prescriptions for **Oral Steroids** to fill if they drop into their Yellow Zone – if applicable select **Prednisone 40 mg daily for 5 days**
 - **Red Zone**
 - Select **Albuterol HFA 90 mcg/spray inhaler**
 - Check box to **use spacer** with all appropriate inhalers
 - **Generate Plan**
 - Enter **Patient and Practice Information**
 - Patient Name: Emma Jones, DOB: 1/2/2002
 - Practice: ABC Pediatrics, Office #: 123-456-7890, Fax #: 123-456-7899
 - **Add allergy medications** into Green Zone, Take these controller medications area (optional)
 - Flonase – 2 sprays per nostril at bedtime
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