

## Clinical Guideline for the Diagnosis, Evaluation and Management of Asthma

MVP Health Care®, as part of its continuing Quality Improvement Program, endorses recommendations for asthma care that are a result of a collaborative effort led by the New York State Department of Health (NYSDOH). Collaborators include NYSDOH, the New York City Department of Health and Mental Hygiene, MVP Health Care and other health plans and professional organizations from across New York State (NYS).

### Statistics – Morbidity & Mortality

Morbidity (for 2023):

- Percent of adults (aged 18 and over) who have ever had asthma: 8.9%
- Percent of children (under age 18 years) who have asthma: 6.7%
- Number of physician office visits with asthma as a primary diagnosis: 4.9 million
- Percent of visits to office-based physicians with asthma indicated on the medical record: 6.3%
- Number of emergency department visits with asthma as a primary diagnosis: 939,000

Mortality (2023):

- Number of deaths: 3,602
- Deaths per 100,000 population: 1.1

Source: <http://www.cdc.gov/nchs/fastats/asthma.htm> with links to other sources from there.

Asthma has emerged as a significant chronic disease over the past 50 years and continues to be a major public health problem in the United States. In NYS, more than 1.4 million adults have asthma. Asthma occurs at any age. Nationally, nearly one in 13 school-age children have asthma, and that rate has risen more rapidly in preschool-aged children and those living in urban inner cities than in any other group. Although there is no cure for asthma, asthma attacks can be prevented, and asthma well-controlled with proper care. New York is actively working with health care providers, community coalitions, schools, families and many others to fight asthma so people with asthma can live a full and active life. (New York State Asthma Surveillance, October 2013)

### Key Guideline Messages

- Diagnosis of asthma and goal of therapy: control of asthma.
- Assessing and monitoring asthma severity and asthma control.
- Asthma education, including use of a written Asthma Action Plan and goals of therapy.
- Control of environmental factors and co-morbid conditions affecting asthma control.

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1995, 1997, 1999, 2001, 2003, 2005, 2007, 2008, 2010, 2012, 2014, 2016, 2020, 2021, 2022, 2023, 2024

- Medications and the “stepwise approach” for managing asthma with – the principles of the “stepwise approach” by age group.
- Managing asthma exacerbations.
- Recommended dosing for long-term control medications, including inhaled corticosteroids, and for quick-acting symptom-relief medications.

**Source: The NHLBI publication: [2020 Focused Updates to the Asthma Management Guidelines: A Report from the National Asthma Education and Prevention Program Coordinating Committee Expert Panel Working Group](#)**

### **Guideline Availability**

The NYSDOH *Clinical Guideline for the Diagnosis, Evaluation and Management of Adults and Children with Asthma* (last updated January 2020) can be found on the NYSDOH website at: [Asthma Information](#) . Updated 2020 guidelines, the most current, can be found [here](#) (2020 Focused Updates to the Asthma Management Guidelines: A Report from the National Asthma Education and Prevention Program Coordinating Committee Expert Panel Working Group | NHLBI, NIH).

The guideline is derived from the Third Expert Panel Report (EPR3). The EPR3 Asthma guideline was developed by an expert panel commissioned by the National Asthma Education and Prevention Program (NAEPP) Coordinating Committee (CC), National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health (NIH). A copy of the January 2020 EPR3 recommendations can be found at: <https://www.nhlbi.nih.gov/health-topics/guidelines-for-diagnosis-management-of-asthma>.

In New York, MVP encourages practitioners to use the New York State Department of Health’s (NYSDOH) Asthma Action Plan with their patients and families. The form is available on the NYSDOH website at: <http://www.health.ny.gov/publications/4954/>. Practitioners in Vermont are encouraged to use a similar form produced by the Vermont Department of Health. To request an Asthma Action Plan and other Materials from the Vermont Department of Health for your Practice please contact your local District Health Office . A sample of the Vermont action plan can be found at: <http://healthvermont.gov/prevent/asthma/tools.aspx>.

In conjunction with these guidelines, MVP Health Care offers a Condition Health Management program for our members with a diagnosis of Asthma. If you would like to refer one of your patients to this program, please call the Health Care Operations Department at **866-942-7966**. More information on this and MVP’s other health programs may also be found on MVP’s website: [Case Management | MVP Health Care](#)

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. All treatment decisions are ultimately up to the physician. Where medication recommendations are made, please refer to each health plan’s formulary for coverage considerations.

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MVP Health Care updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at **800-777-4793**.