

#269 Krunal Patel

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Change in Tide for Mild-Intermittent Asthmatic: A Resident and Patient Level Quality Improvement Project Regarding Goal Directed Therapy for Mild-Intermittent Asthmatics

Global Initiative for Asthma (GINA) released a new groundbreaking recommendation in late 2019 regarding the care for mild-intermittent asthmatics. Per the CDC, mild-intermittent asthma accounts for a third of severe asthma exacerbations worldwide. New GINA guidelines are aimed to reduce the number of exacerbations seen in mild-intermittent asthmatics. Previously, exacerbations of mild-intermittent asthmatics were only treated with a short acting beta agonist (SABA), however, GINA demonstrated that the combination of an inhaled corticosteroids (ICS) along with a long acting beta agonist (LABA) was far superior for “rescue” treatment. These recommendations are based on twelve years of data, which identified that SABA’s had a higher rate of failure and were associated with increased mortality versus combination therapy with ICS/LABA. Our objective was to bring awareness to all house staff on the new treatment recommendations for mild-intermittent asthma exacerbations. We evaluated awareness by first implementing a pretest, followed by clinic based education and then a posttest. Amongst thirteen residents, their recognition of the treatment recommendations per GINA guidelines improved from pretest, 33%, to posttest, 64%, after intervention an improvement of 94%. Overall, comfort in stratifying and treating mild-intermittent asthma improved from 56% to 82%, an improvement of 26%. Phase-2 of our quality improvement (QI) project is to implement the guidelines into our practice. To date, thirty-five primary care clinic patients with mild-intermittent asthma who are not on new guideline directed medical therapy have been identified. Ultimately, our goal is to identify all patients in the primary care clinic who meet criteria and provide them with the standard of care per new GINA guidelines.

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