

Chronic Respiratory Diseases (CRD) including Asthma and COPD-Nurtur Standards of Care

Nurtur provides transtelephonic and in-home disease management for individuals with Chronic Respiratory Disease including Asthma and COPD. For asthma, Nurtur follows internal clinical protocols based on the guidelines published by National Heart Lung and Blood Institute (NHLBI) of the National Institutes of Health (NIH). The core document is titled *Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma- Full Report 2007*, from the National Asthma Education and Prevention Program. For COPD, Nurtur also utilizes the *Global Strategy for the Diagnosis, Management, and Prevention of COPD*, Global Initiative for Chronic Obstructive Lung Disease (GOLD) 2008.

For tobacco cessation, Nurtur follows practice guidelines set forth by the U.S. Public Health Service, U.S. Department of Health and Human Services, under the title "Treating Tobacco Use and Dependence: Clinical Practice Guidelines, 2008 Update."

Nurtur's CRD program consists of the following:

GOALS

1. The primary objectives of the CRD program are:
 - A. Asthma - improve functional status through reduced symptom severity and frequency
 - B. Chronic Obstructive Pulmonary Disease - slow disease progression and optimize quality of life
2. Nurtur adheres to the recommendations published in the guidelines listed above including:
 - A. Use of respiratory medications as recommended in the guidelines listed above (unless otherwise indicated) including:
 - i. Quick-relief Medications
 - ii. Long-term Control Medications
 - B. Non-pharmacological treatment for COPD
 - i. Pulmonary Rehabilitation
 - ii. Oxygen Therapy
 - C. Reduction (or improvement) of additional risk factors (if present) including:
 - i. Tobacco Use and/or exposure
 - ii. Environmental Exposure and triggers
 - iii. Supporting Weight Management

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MEDICAL MANAGEMENT

1. Self-Management Education

Chronic Respiratory Disease management is an individual responsibility that is best carried out by a participant who is well -versed in his or her own disease. Education is an essential component of the disease management program. Recommended topics include, but are not limited to, basic information about the condition, self-management skills (i.e. use of peak flow meter for asthma), recognition of signs and symptoms as well as when to seek medical attention, and avoidance of risk factors such as tobacco use.

2. Medication

Pharmacotherapy is an important element of treatment for participants with Chronic Respiratory Disease. The CRD program supports the important role of medications and provides education on proper usage of medications and delivery devices to maximize benefit as well as reinforcing compliance to reduce symptoms.

3. Office Visits

Nurtur encourages all participants to attend regular physician office visits to monitor their condition through diagnostic testing, physical examinations and assessment of pharmacotherapy efficacy.

4. Pulmonary Function Screening

Spirometry should be performed to monitor the progression of COPD if there is a substantial increase in symptoms or a complication.

Peak flow meter monitoring should be performed to establish an Asthma Action Plan for exacerbations.

The CRD Program provides education on the importance and proper use of peak flow meter monitoring. Additional pulmonary function tests may be performed in the office setting as determined by a physician.

LIFESTYLE MANAGEMENT

1. Environmental Exposures and Triggers

Individuals with CRD may benefit from reducing or eliminating (when possible) exposure to several environmental triggers. These include, but are not limited to: tobacco smoke, indoor and outdoor allergens, indoor and outdoor air pollutants, occupational dusts and chemicals. The CRD program provides education on reducing or eliminating exposures when possible to prevent exacerbations.

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2. Physical Activity

- a. Individuals with COPD (at any stage) can benefit from exercise training programs. Benefits include
 - i. improved exercise tolerance,
 - ii. improved oxygen utilization,
 - iii. increased muscle strength and endurance while performing activities of daily living.
- b. Individuals with asthma can benefit from regular physical exercise for overall health.
- c. The CRD program encourages participants to be physically active and instructs on the proper use of medications to prevent and/or treat exercise induced bronchospasms or shortness of breath.

3. Tobacco Avoidance and Relapse Prevention

Tobacco use causes long term impairment in lung function and reduces the efficacy of inhaled and systemic glucocorticosteroids. Secondhand smoke is a known environmental trigger for both Asthma and COPD. The CRD program encourages all participants to abstain from tobacco use and provides information and or referrals, as appropriate, to all participants who are willing to undergo a quit attempt.

4. Immunizations

Recommended care includes immunization against pneumococcus and annually against influenza.

Approvals

I have reviewed and approved the Nurtur Standards of Care for Chronic Respiratory Diseases (CRD) including Asthma and COPD and agree with the use in supporting the clinical staff in providing Disease Management services as supported by evidence-based guidelines.

Medical Director

Signature: *W. Kegler, M.D.* Date 4/2/09

Reviewed and Approved by the Quality Management Committee

QMC Chairperson

Signature: *Cynthia F. Hemminger* Date 4/2/09

Standards of Care Approval Form

- I have reviewed and approved the OP SOC 3-Chronic Respiratory Disease Standards of Care and agree with the use in supporting the clinical staff in providing Disease Management Services as supported by evidence-based guidelines.
- I have reviewed the OP SOC 3-Chronic Respiratory Disease Standards of Care and recommend the following prior to implementation:

Name: *P.D. Kogeler, M.D.*

Date: *9/2/09*