

## Improving Asthma Management: A Focus on Asthma Control in Pulmonary outpatient clinics

**PROBLEM:** 34% of Asthma patients being followed up in outpatient (OPD) Pulmonary clinics do not meet the Asthma Control Test (ACT) questionnaire score of 20.

**AIM:** We aim to reduce the number of asthmatic patients with an ACT questionnaire score of less than 20 from 34% to 24% by May 2013 in 4 pulmonary OPD clinics.

### TEAM:

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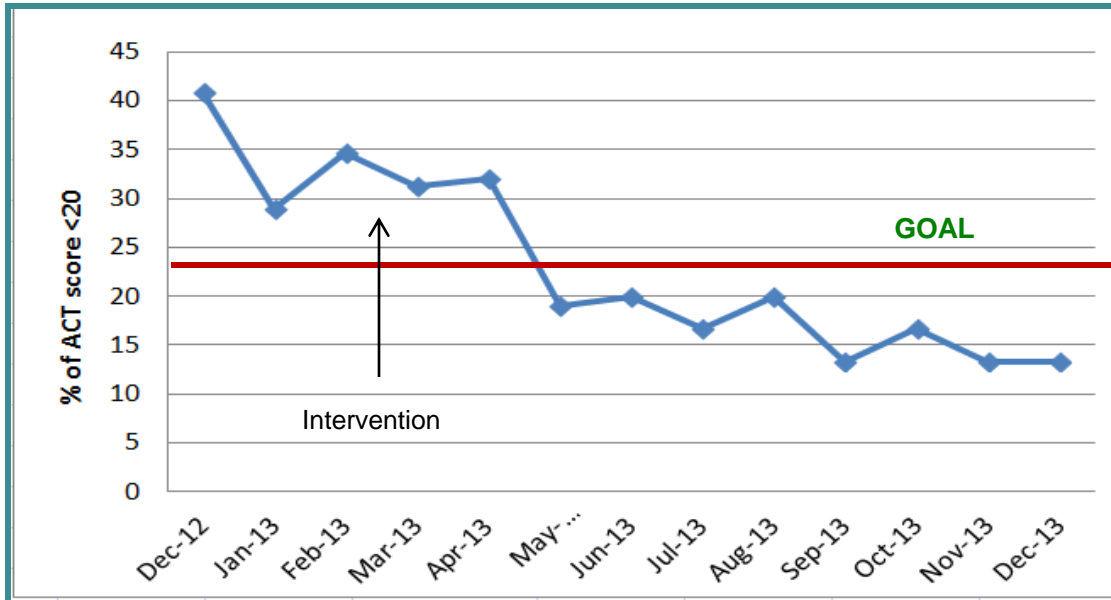
### PROJECT SPONSOR:

■ Dr Muna Al Maslamani  
(A/Chairperson Medicine)

### INTERVENTION:

- Additional training for the uncontrolled Asthma patients by Asthma educator on Inhaler technique.
- Reduced clinic visit, by same day appointment with Asthma Educator.
- Clinical pharmacist to review and educate patient regarding their medication use before leaving the OPD.

### RESULTS:



### CONCLUSIONS:

- Our Survey of patients with uncontrolled Asthma showed the major defect in the patients knowledge in use of Inhaler technique and understanding of medications prescribed.
- After our Intervention of same day visit to the Asthma Educator and the Clinical Pharmacist we noted significant improvement in their ACT score

- We were able to reduce the % of patients with an ACT score of less than 20 from 34% to 19% till May 2013.
- We continued to monitor a random sample of 30 ACT questionnaires from OPD Asthma clinics and showed persistent sustained improvement reaching as low as 13%.

### NEXT STEPS & FOLLOW UP:

- Introduction of Asthma care website for patient use on Official HMC website.
- Recruitment of more Asthma educators, undergoing training currently
- Brochures for Inhaler technique to be given to Patients