



## Nuances in Prescribed Inhaled Corticosteroid Practices

Recently we have observed differences in prescribed controller therapy across different Easy Breathing asthma treatment plans:

- Some Daily treatment plans prescribe Flovent 110µg 1 puff once a day for mild persistent asthma due to concerns with adherence. Below are a few points to make about this practice
  - Flovent 110µg is 25% more medication than Flovent 44µg 1 puff 2 times a day.
  - Multiple studies have demonstrated that twice-a-day therapy is more effective than once-a-day therapy, even with the same total daily dose. We recognize that if a patient is non-adherent, then Flovent 110µg once a day may be more effective than Flovent 44µg that is used once a day. A similar trend has been observed with Pulmicort 0.5mg once a day, which is inferior to Pulmicort 0.25mg twice a day.
  - Insurance companies prefer Flovent 110µg 1 puff twice a day because it is cheaper than 2 puffs twice a day of Flovent 44µg.
- Several treatment plans prescribe Flovent 110µg 1 puff twice a day for mild persistent asthma. This is not consistent with the National Asthma Education and Prevention Program (NAEPP) guidelines. We recommend either changing the asthma severity from mild to moderate persistent to match the therapy or changing the dose of inhaled corticosteroid to match the severity.
- We have observed several treatment plans prescribing three-time-a-day (tid) therapy for the Sick Plan. Below are a few points to clarify this practice:
  - A number of studies have shown that doubling or tripling the ICS dose as part of a sick treatment plan does not work. This has now been shown in both children and adults. In adults, however, quadrupling the dose is effective and there is some evidence (1-2 studies) that this is also effective in children.
  - We recommend, for the sick treatment plan, either keep the same dose or quadruple the dose maintaining a twice-a-day frequency.

### Highlights

- Reminders on appropriate inhaled corticosteroid prescribing practices
- Electronic asthma treatment plan
- CMEs now available for advanced practitioners who do Easy Breathing (pg. 2)
- Easy Breathing Enrollment Map (pg. 2)

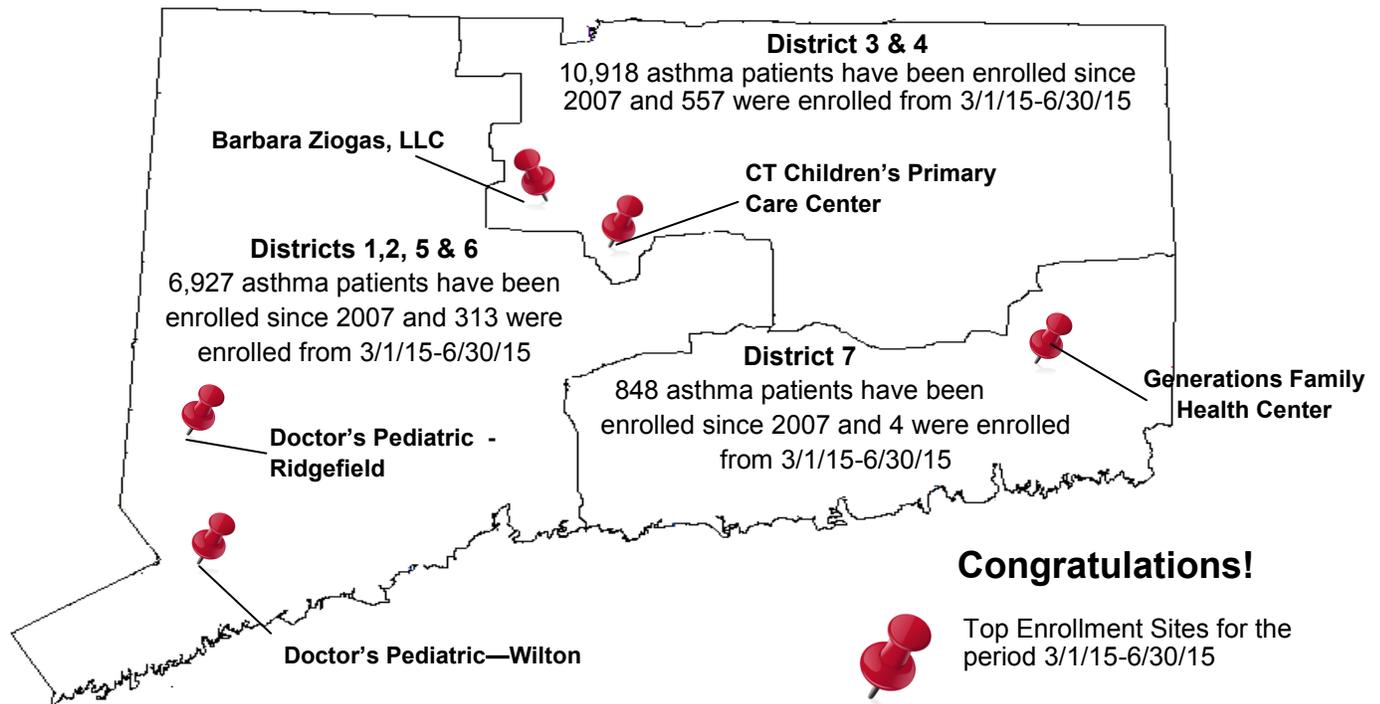
**Are you using our new electronic Asthma Treatment Plan PDF?**

**If so, please remember to print out an extra copy for your**

**Easy Breathing Coordinator**

# Easy Breathing Enrollment

From July 2007 to June 2015, Easy Breathing® Statewide has surveyed 72,104 individuals. Of those surveyed, 26% have a diagnosis of asthma. In total, 143,562 individuals have been surveyed since 1998.



## Easy Breathing CMEs for the Advanced non-Physician Practitioner

Are you a Physician Assistant, Advanced Practice Nurse Practitioner, or other advanced practitioner currently implementing Easy Breathing? If so then you will be excited to hear you can now earn up to 8 CME credits per year for doing Easy Breathing. CME credits will be awarded through CT Children's Medical Center's Continuing Medical Education office.

As an active user of Easy Breathing, advanced practitioners will have their activity tracked by the program. Like physicians, advanced practitioners can request run charts from the Easy Breathing Coordinator to see recent activity. CME credits will be awarded to advanced practitioners who are actively using the program and will be awarded as outline below:

Within the current academic year (July—June) advanced practitioners must:

- Complete 10 Easy Breathing surveys and/or *Asthma Control Test*™ per 1 CME credit (with a maximum of 8 CME credits)
  - 90% of patients with asthma must have a documented asthma severity
  - 95% of patients with persistent asthma must have a documented written asthma treatment plan on file
  - 95% of patients with a written asthma treatment plan must adhere to national guidelines

Ask your Easy Breathing Coordinator and sign-up to receive your credits!



### CONTACT EASY BREATHING

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