

DID YOU KNOW?

The National Institute of Health guidelines for the diagnosis and management of asthma include:

1. Diagnose asthma and establish a plan of care with the patient.
2. Reduce inflammation, symptoms and exacerbations.
 - 1) Prescribe antiinflammatory medications to patients
 - 2) Reduce exposure to allergens and irritants
 - 3) Provide written information on ways to avoid or reduce the things that make the asthma worse
3. Monitor and manage asthma over time.
 - 1) Educate the patient on how to self monitor their asthma
 - 2) See the patient in follow up every 1 to 6 months
4. Treat asthma episodes promptly.

A referral to an asthma specialist may be needed for:

- Diagnosis (if problematic)
- If specialized treatment is needed
- Patient is not meeting the goals of asthma therapy
- Patient has required care that included inhaled steroids, oral steroids and long acting beta 2 agonists such as theophylline
- Patient has had a life threatening exacerbation
- The patient has significant psychiatric, psychosocial or family problems.

If you were not aware of these guidelines or you would like more information on asthma, please contact Med-Cert, Inc. at 866-633-2378 (toll free) or at www.medcertinc.com



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