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Asthma Management Strategies and the PCMH

by V. Delyse Vitaras, BSN, RN, Ohio Department of Health

Asthma remains a serious health problem in Ohio affecting all age groups. Its prevalence is increasing in Ohio, which includes an increase among Ohio's children. Primary care providers routinely diagnose and treat asthma. It is a chronic disease managed by lifestyle changes. The Patient-Centered Medical Home (PCMH) model of care provides partnerships between individual patients, their families, and their healthcare providers that will promote routine office visits to monitor and adjust medication therapy and review patient education. PCMH can facilitate living a normal life with asthma.

In April 2015, the Global Initiative for Asthma (GINA) revised the *Global Strategies for Asthma Management and Prevention* as well as the *At-A-Glance Asthma Management Pocket Reference*. The revisions combine evidence-based asthma care with clinically relevant implementation strategies for a busy healthcare practice (GINA, 2015). Addressing health literacy and an increasing interest in individualized asthma care enhances what is already an asthma best practice.

GINA gave asthma a new definition to recognize the variable nature of the disease. According to GINA, "Asthma is a



heterogeneous disease, usually characterized by chronic airway inflammation. It is defined by the history of respiratory symptoms such as wheeze, shortness of breath, chest tightness and cough that vary over time and in intensity, together with variable expiratory airflow limitation (GINA, 2015)."

The revised GINA report and pocket reference contain an emphasis on confirming the diagnosis of asthma for improved treatment by decreasing over- and under-medicating patients with asthma. The resources include many new

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The Ohio Patient-Centered Primary Care Collaborative (OPCPCC) is a coalition of primary care providers, health professionals from the medical neighborhood, insurers, employers, consumer advocates, government officials and public health professionals. They are joining together to create a more effective and efficient model of healthcare delivery in Ohio. That model of care is the Patient-Centered Medical Home (PCMH).

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OPCPCC Annual Conference

The Ohio Patient-Centered Primary Care Collaborative held its annual conference on Oct. 30, 2015 at COSI in Columbus. This year's conference theme was "From medical home to medical neighborhood."

The day began with an informative keynote address from Katie Adamson, Senior Director of Health Partnerships and Policy at the YMCA of the USA, who talked about community partnership in the medical neighborhood. Want to learn more about how the YMCA is a community partner in the medical neighborhood? Watch this video about [Livestrong at the YMCA](#) or check out [hopthegap.org](#). The keynote address was followed by a discussion with the keynote reactor panel.

The Healthcare Collaborative of Greater Columbus and the Ohio Health Information Partnership teamed up to present an Ohio medical neighborhood referral exchange project, which highlighted diverse stakeholders and opportunities for connectedness.

The lunchtime presentation began with an update on Ohio's State Innovation Model progress from Greg Moody, Director of the Governor's Office of Health Transformation. The update included the latest information on the Patient-Centered Medical Home care delivery model. Then Richard Shonk, MD, PhD provided an update on the Comprehensive Primary Care initiative progress in southwest Ohio, including information about shared savings results.

"From medical home to medical neighborhood."

Three Ohio payers – Anthem Blue Cross and Blue Shield, CareSource, and Aetna – participated in a payer panel. Each panelist provided information about value-based payment results in Ohio and then answered questions from the audience.

David Norris from the Kirwan Institute for the Study of Race & Ethnicity and Chip Allen from the Ohio Department of Health provided a presentation about



Katie Adamson of the YMCA of the USA provided the keynote address.



Dan Paoletti of the Ohio Health Information Partnership discussed referral exchange.



Greg Moody of the Office of Health Transformation provided a State Innovation Model update.



Kelly Owen of Anthem Blue Cross Blue Shield provides information about value-based payment efforts.



David Norris from the Kirwan Institute shows an opportunity map.



Judith Warren from Health Care Access Now talks about the Community Health Workers HUB model.

health equity and population health. The presentation addressed social determinants of health and showed opportunity maps for areas of Ohio. Health disparities, health inequity, and health equity were defined and zip code maps were used to illustrate the impact of disparities.

The day ended with a presentation from Judith Warren of Health Care Access Now about community health workers and the intersection of the medical neighborhood with interdisciplinary care coordination. This presentation illustrated well the connection between social needs and good health.

Several exhibitors were available at the conference to provide tools and resources. Thanks to AbbVie, CareSource, Medical Advantage Group, OhioHealth, Pfizer Quality Improvement and UnitedHealthcare Community Plan for participating.

Presentation slides are now available on the OPCPCC website.

OPCPCC Learning Centers UPDATE

The Patient Engagement Learning Center continues to improve and update the [PCMH Patient Engagement Toolbox](#). The Patient Engagement Learning Center held their fourth webinar, “Health Literacy and Patient Engagement” on Nov. 17.

The OPCPCC Workforce Learning Center (formerly PCMH Education Advisory Group) held a PCMH Curriculum meeting on July 29 with Ohio medical and nursing schools to discuss progress on PCMH interprofessional curriculum implementation. The learning center met on Nov. 18 to discuss future plans for facilitating further progress on interprofessional learning.

The Ohio Patient-Centered Primary Care Collaborative (OPCPCC) Communications and Education Learning Center has developed a [flyer](#) for the promotion of the [PCMH consumer website](#).

If you are interested in participating in an OPCPCC Learning Center, please contact OPCPCC at (614) 644-9756 or PCMH@odh.ohio.gov.

December is Free Clinic Appreciation Month

by Deborah Miller, Ohio Association of Free Clinics and Amy Bashforth, Ohio Department of Health

Free clinics provide for the healthcare needs of their patients using cost-effective strategies, such as in-kind services and donations of health care resources and time. These strategies mean that every dollar invested in free clinics brings nearly \$18.00 in care for patients. Free clinics provide access to care for many who find themselves temporarily unemployed or unable to obtain employer-based health insurance.

In 2014, the fifty-five free clinics in Ohio provided more than 200 million dollars' worth of healthcare and more than 72,000 patient visits for 38,471 Ohioans, keeping uninsured and underinsured Ohioans out of emergency rooms. Free clinics provide primary medical care, laboratory and diagnostic services, prescription medications, referrals and specialty care, mental health treatment and counseling, dental care, wellness screenings, screenings and referrals to other community resources.

Free clinics are an important provider of primary care services for many Ohioans. North Coast Health Ministry in Lakewood, Ohio achieved Level 3 Patient-Centered Medical Home (PCMH) recognition through the National Committee for Quality Assurance (NCQA). The Free Medical Clinic of Greater Cleveland is a federally qualified health center and participated in Ohio's PCMH Education Pilot Project. The Ohio Association of Free Clinics (O AFC) used NCQA standards as a starting point for free clinic standards of care, with the goals of improving the quality of care delivered through free clinics and then demonstrating that quality of care. Additionally, O AFC is taking steps to provide Electronic Health Record (EHR) systems to free clinics who do not currently have an EHR system in place. Having an EHR will help additional clinics to better transition to the PCMH model of care.

The Ohio legislature, through H.B. 320 of the 130th General Assembly, designated December as Free Clinic Appreciation Month in Ohio. As part of Free Clinic Appreciation Month,

the Ohio Association of Free Clinics and the Ohio Department of Health are recognizing the accomplishments of Ohio's free clinics through the presentation of awards. Each year awards will be presented for Free Clinic of the Year, Free Clinic Physician Volunteer of the Year, Free Clinic Nurse Volunteer of the Year, and Free Clinic Dentist Volunteer of the Year. Thirty-four excellent nominations were received for these four awards during this inaugural year.

The 2015 free clinics award recipients are:

- **Free Clinic of the Year:** Ohio University Heritage College of Osteopathic Medicine Community Health Programs (CHP). OU-HCOM has both a stationary (Heritage Community Clinic) and a mobile Free Clinic. CHP is working toward the vision of "Wellness for All." The mobile clinic traveled 8,829 miles into Southeastern Ohio counties last year to provide services to the most vulnerable populations in 16 counties.
- **Free Clinic Physician Volunteer of the Year:** Robert Cooper, MD of the Columbus Free Clinic. Dr. Cooper has served on the supervising physician board and as a preceptor for the Columbus Free Clinic for five years and is described as an innovator, teacher, and philanthropist.
- **Free Clinic Nurse Volunteer of the Year:** Mary Ann Stone, RN of the Open Arms Health Clinic of Bellbrook. Ms. Stone had a dream



about starting a free clinic for her community. She developed a task force in 2012 to study the question, then started and chaired the Community Wellness Coalition (CWC), which established the all-volunteer Open Arms Health Clinic (OAHC), which started patient care in January 2014 in Bellbrook. She served as Executive Director of OAHC and Chair of the Board of the CWC. She was also in the clinic almost every day as a nurse and/or administrator.

- **Free Clinic Dentist Volunteer of the Year:** James Hegyi, DDS of the Viola Startzman Clinic in Wooster. Dr. Hegyi has served as a volunteer dentist in the clinic since 2011. He drives 45 minutes from his home one to two days per week to serve patients in Wayne County. He is an integral part of the dental team, seeing patients in acute dental pain as well as established patients needing treatment and education.

Congratulations to the 2015 free clinic award recipients! For more information about free clinics in Ohio, visit the [Ohio Association of Free Clinics website](#).

Announcements and Upcoming Events

OPCPCC Activities and Events

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| Tue., Dec. 22 at 11:00 a.m. | Patient Engagement Learning Center meeting |
| Tue., Jan. 26 at 11:00 a.m. | OPCPCC Coordinating Council conference call |
| Tue., Feb. 17 at 12:15 p.m. | Patient Engagement webinar |
| Wed., March 30 at 10:00 a.m. | Workforce Learning Center meeting |

If you have ideas or would like to contribute an article for an upcoming newsletter, please send your ideas to PCMH@odh.ohio.gov or call Amy Bashforth at (614) 644-9756.

OPCPCC Membership

The Ohio Patient-Centered Primary Care Collaborative (OPCPCC) invites you to become a member of OPCPCC and join us in spreading PCMH throughout Ohio. Check out the [OPCPCC website](#) to see the strong list of supporters. **Membership in OPCPCC is free** and benefits include:

- Conferences and networking opportunities
- Quarterly Newsletters
- Ohio PCMH Weekly updates
- Discount code for 20 percent discount on NCQA application fees

Please complete the [on-line membership form](#), to ensure that you will receive updates about OPCPCC and PCMH activities in Ohio. Please call (614) 644-9756 with any questions regarding membership in OPCPCC.

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tables and flow-charts to communicate key messages for clinical practitioners. A new chapter designates the treatment of asthma for children five years and younger. The new asthma guidelines and reference tools for controlling asthma are available at <http://www.ginasthma.org/>.

The Ohio Department of Health asthma program has a five-year grant from the Centers for Disease Control and Prevention entitled “Comprehensive Asthma Control Through Evidence-based Strategies and Public Health-Health Care Collaboration.” Asthma program staff are working with healthcare providers, hospitals, schools, insurance companies, local health departments and other stakeholders to provide seamless services in all parts of the lives of Ohioans with asthma. We are pleased to share information about these evidence-based resources with you as part of the work of the grant. For questions or more information on GINA standards for best practice, contact:

Delyse Vitartas at Virginia.Vitartas@odh.ohio.gov or (614) 466-3236.

NCQA Discount for OPCPCC Members

As part of the purchase of monthly data feed subscription through the National Committee for Quality Assurance (NCQA), the Ohio Department of Health (ODH) has a sponsor discount code for NCQA fees. Members of the Ohio Patient-Centered Primary Care Collaborative (OPCPCC) can use this discount code to receive a 20 percent discount on NCQA application fees. The code can be used by OPCPCC members who are not already eligible for other discounts, such as the 50 percent NCQA multi-site discount given to practices that have three or more sites that share the same EMR. To use the ODH sponsor discount code, please first complete the free on-line OPCPCC membership form and then call Amy Bashforth at (614) 644-9756 to receive the code.