

Kids with asthma can avoid the ER by avoiding the ER

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Asthma is the most common chronic disease in children, and one of the most difficult to manage, which is one of the reasons there are so many emergency department visits for asthma sufferers in the US. A new study has determined that the probability of future acute care visits increased from 30 percent with one historical acute care visit to 87 percent with more than five acute care visits.

The study, presented at the American College of Allergy, Asthma and Immunology (ACAAI) Annual Scientific Meeting, looked at the records for more than 10,000 children seen for asthma in a three-year period. It focused on [acute care](#) visits which included emergency departments, [urgent care centers](#) and inpatient admissions at hospitals.

"The historical count of acute care visits was predictive of future acute care visits," said allergist Jill Hanson, MD, study author and ACAAI member. "And a significant increase in the probability of future acute care visits was observed with each additional historical visit. While the number of patients with five or more historical visits was relatively small, this group of patients accounted for a disproportionate number of future acute care visits."

Many people don't realize that allergists specialize in treating asthma. Research shows that when asthma is caught early and controlled with the specialized treatment available through an allergist, patients breathe better, have fewer asthma attacks and spend less money on "quick relief" rescue medications.

"We know when a child is treated for asthma by an allergist, their chance of ending up in the [emergency department](#) with an asthma attack is much lower," said allergist Chitra Dinakar, MD, ACAAI fellow. Dr. Dinakar will present at the ACAAI Annual Meeting on loss of [asthma control](#), and will review the practice parameter for managing home exacerbations ('Yellow Zone') of asthma. "Our goal is to control asthma well before the child is unable to breathe and needs to be rushed to the emergency department. We do that with individualized therapies and use of asthma action plans which help [asthma sufferers](#) recognize when they need help."

Compared to care provided by generalists, patients getting care from an allergist have fewer hospitalizations and emergency department visits, higher ratings for the quality of care, fewer restrictions in activities and improved physical functioning. The ACAAI Scope and Impact of the Asthma Epidemic infographic contains valuable [asthma](#) management information.

More information: Abstract Title: Developing a Model for Predicting Future Healthcare Utilization in Asthmatic Children

Provided by American College of Allergy, Asthma, and Immunology

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