

New asthma tool determines best treatment for severe asthma patients

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What are your choices for treating severe asthma – and what's the best decision for you?

This shared decision making tool (SDM) will help you decide your next steps in treating severe asthma. We'll describe options, ask you questions, and work together to figure out the best treatment for you. This tool should be used only in the context of a discussion with your asthma specialist.

Once you've completed the tool, print out the results and share them with your asthma specialist to continue the conversation.

Use the buttons at the bottom of each page to navigate, and if you would like to save your progress for a later time, click the button in the upper right of the page.

[Let's Get Started](#)

To help enable stronger communication and understanding between the clinician and patient, the CHEST Foundation, the charitable foundation of the American College of Chest Physicians, Allergy & Asthma Network and American College of Allergy, Asthma & Immunology (ACAAI) have partnered to launch a new

digital, interactive Shared Decision Making Tool. Credit: CHEST Foundation, Allergy & Asthma Network and American College of Allergy, Asthma & Immunology.

One in 12 adults and one in 11 children in the United States are living with asthma, according to the Centers for Disease Control and Prevention (CDC). The communication between patients and clinicians is an important factor in proper management of a patient's symptoms and treatment.

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Asthma is a complex, ever changing condition requiring active attention. It affects more than 22 million Americans, and some [patients](#) may believe their [asthma](#) is well-controlled when it's not—this misconception can be dangerous. The [tool](#) sheds light on the importance of self-management, shared decision making between patient and provider and knowledge of the difference between controlled and [uncontrolled asthma](#). It can also assist patients in recognizing when their asthma is severe.

"The CHEST Foundation, Allergy & Asthma Network and ACAAI all believe in the importance of patient and provider collaboration and aim to provide resources that help develop that relationship," said Lisa Moores, MD, FCCP, CHEST Foundation President.

The Shared Decision Making Tool, available online and in print,

encourages patients and clinicians to work together to improve self-management skills, choose the best treatment plan and increase adherence. This patient-centered approach aims to improve patient satisfaction and overall outcomes.

In addition to the Shared Decision- Making Tool, the [Asthma Severity Assessment Tool](#) was created to improve patient awareness, monitoring and management of [asthma symptoms](#). Based on an individual's responses, this quick assessment helps determine if a patient may need to visit an asthma specialist—a pulmonologist or an allergist.

"We hope these tools will arm patients with the knowledge needed to talk effectively with doctors about their asthma and empower them to achieve optimal health outcomes," said Tonya Winders, Allergy & Asthma Network President and CEO.

"The tool is a step forward in helping direct the conversation between allergists and their patients with asthma," says allergist Bradley Chipps, MD, ACAAI president. "Fully informed conversations regarding [asthma treatment](#) mean greater [asthma control](#) and ultimately increased relief for those suffering with asthma."

Provided by American College of Chest Physicians

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