



# INHALE

## Monthly PO Update

1/8/25 & 1/13/25



# Agenda



- Announcements & Reminders
- January Attestation
- New Resources
- Data Dashboard Release
- Spring Regional Meetings
- L3 Registration
- VBR Requirements Reminder
- Resource Bags



# Announcements & Reminders



## Next PO Monthly Calls

- February 10th, 2025 @ 11:00am
- February 12th, 2025 @ 2:00pm

## PO 1:1's

- Scheduled as needed with Coordinating Center (Karla)
- Contact @ [INHALE-support@med.umich.edu](mailto:INHALE-support@med.umich.edu)

## PCP Recruitment

- Opening in February 2025

## Website Revamp – School of Information Project

- Looking for volunteers to participate
  - Email the CC if interested

## Call for Members

- Pediatric sub-committee
  - Nominate colleagues on INHALE website or email the CC



# January 2025 Attestation



- From the Winter PGIP file available ~ January 15th
- Attestation by POs is required
  - Project opening attestation process on 1/20/25 and will close at EOB 1/24/25\*
  - PO representative must attest during this time - **NO EXCEPTIONS** due to VBR reporting
  - Same process as the first attestation

\*Dependent on BCBSM's release of PGIP list



## New resources available on our website!

**Global Initiative for Chronic Obstructive Lung Disease**

**Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease**

**2025 REPORT**

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[GOLD 2025 Report](#)

	<b>My COPD Action Plan</b>	Name: _____ DOB: _____ Date: _____ Emergency Contact: _____ Phone: _____ Doctor Contact: _____ Phone: _____																																																							
<b>Green Zone: Normal Day for Me</b>	<b>Action Steps</b>	I take these medications every day: <input type="checkbox"/> I will use oxygen _____ by _____ when needed <input type="checkbox"/> I will exercise and eat regularly <input type="checkbox"/> I will not smoke <input type="checkbox"/> I will stay inside on bad air days If I get symptoms I will take: _____																																																							
<b>Yellow Zone: Bad Day for Me</b>	<b>Action Steps</b>	I have any of these: • A low-grade fever that does not go away • Used more of my rescue medication without feeling better • A change in color, thickness, smell, or amount of mucus • Trouble breathing or feel more tired than usual • New or more ankle swelling • A feeling of being more breathless than normal • A feeling like I am catching a cold I will start taking these medications: <input type="checkbox"/> I will call my doctor today at _____ AND do the following: <input type="checkbox"/> I will use oxygen _____ by _____ when needed <input type="checkbox"/> I will limit my exercise and use purse-lipped breathing <input type="checkbox"/> I will eat regularly <input type="checkbox"/> I will continue to not smoke <input type="checkbox"/> I will stay inside on bad air days																																																							
<b>Red Zone: I need help right away</b>	<b>Action Steps</b>	My breathing is BAD, and I have any of these: • Confusion or slurred speech • Severe shortness of breath or chest pain • Blue color around my lips or fingers • Started coughing up blood Get help NOW! Go to the closest ER or call 911 <input type="checkbox"/> I will start these medications: _____																																																							
Place a check in the box to show what a "green day" looks like for you.																																																									
	<table border="1" style="width: 100%; border-collapse: collapse; font-size: x-small;"> <thead> <tr> <th></th> <th>Walking</th> <th>Stairs</th> <th>Work</th> <th>Sleep</th> <th>Exercise</th> <th>Cook</th> <th>Clean</th> <th>Make bed</th> <th>Brush teeth</th> <th>Bathing/showering</th> </tr> </thead> <tbody> <tr> <td>Easy</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Moderate</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Struggle</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Unable</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table>		Walking	Stairs	Work	Sleep	Exercise	Cook	Clean	Make bed	Brush teeth	Bathing/showering	Easy											Moderate											Struggle											Unable											
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[COPD Action Plan](#)

### Using Asthma Rescue Medicines Too Much Can Be Dangerous!

Asthma symptoms mostly come from inflammation (swelling) in the airways. Using rescue medicines like **albuterol** and **prednisone** or **decadron** too much can make asthma much worse in the long run.

**1** Without a daily steroid puffer, airways are **swollen** even when you don't have symptoms.

**3** Using **albuterol** alone isn't working anymore so you get **steroid pills** (burst) or a shot at the doctor or ER.

Cycle of poor asthma control

**2** Asthma flares up. Airways get tight and fill with mucus.

You use your **albuterol** a lot.

**How much is too much albuterol?**  
Using only albuterol (puffers or nebulizer) for **just 1-2 weeks** for asthma symptoms can start the cycle of poor asthma control.  
 ✓ Talk to your doctor if you use albuterol **more than 3 times** a week.

**How many is too many steroid bursts?**  
Taking **4-5 bursts of steroid pills (prednisone) over a lifetime** increases your risk of diabetes, stroke, kidney trouble, heart trouble, broken bones and more diseases that can make your life shorter.  
 ✓ Talk to your doctor if you needed **more than 2 steroid pill bursts** in the past year.

**Airway swelling and poor asthma control** ✓ Take an inhaled steroid puffer with your puffers. ✓ Use a spacer with your puffers.

**Good Asthma Control**  
 ✓ No asthma symptoms with sleep, play or being active.  
 ✓ Airways are open and no swelling.

Ask your doctor about new ways to treat asthma:  
 • Single Maintenance and Reliever Therapy (SMART)  
 • Anti-inflammatory Relievers (AIR)  
 • Biologics (shots for severe allergic asthma)

[OCS/SABA Education Flyer](#)

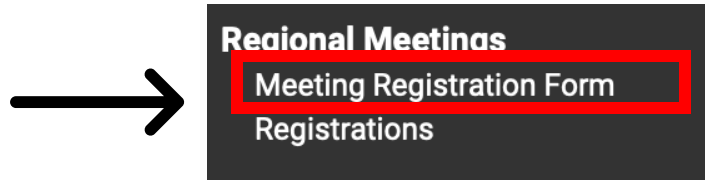
	<b>My Asthma Action Plan (18 and Older)</b>	Name: _____ DOB: _____ Date: _____ Emergency Contact: _____ Phone: _____ Triggers: _____
<b>My Asthma Medication</b>		
<b>MAINTENANCE</b>	<b>RELIEVER</b>	
<input type="checkbox"/> budesonide/formoterol (Symbicort or Breyna) _____/4.5 <input type="checkbox"/> mometasone/formoterol (Dulera) _____/5	<input type="checkbox"/> same as maintenance (SMART) <input type="checkbox"/> albuterol/budesonide (AirSupra) 90/80 mcg (AIR)	
<b>Green Zone: Doing Well</b>	<b>Every day I take:</b>	
My breathing is <b>GOOD</b> • No coughing • No wheezing • Asthma does not wake me from sleep	<input type="checkbox"/> _____ puff(s) with chamber, _____ times a day <input type="checkbox"/> _____ <input type="checkbox"/> _____ If I get symptoms with exercise <input type="checkbox"/> _____ puff(s) with chamber, 15 minutes before exercise [1 puff with SMART, 2 puffs with AIR]	
<b>Yellow Zone: Symptoms Starting</b>	<b>Add reliever puffs:</b>	
I am having trouble breathing or I am starting to get sick • Coughing • Wheezing • Shortness of breath	<input type="checkbox"/> Take _____ puff(s) with chamber, as needed • If symptoms do not improve after 5-10 mins, take _____ more puff(s) [1 puff with SMART, 2 puffs with AIR] • May take up to 12 total puffs per day <input type="checkbox"/> _____ If I need my maximum total puffs for more than 2 days in a week AND my symptoms are not improving Go to Orange Zone (If albuterol is available, may try 2-4 puffs with chamber or 1 nebulizer treatment, every 4 hours as needed)	
<b>Orange Zone: In Trouble</b>	<b>Call my doctor:</b>	
I am still having trouble breathing and my reliever medicine is not working • Constant coughing • Chest tightness • Difficulty with daily activities • Asthma wakes me from sleep	Name: _____ Phone: _____ Continue to take _____ reliever puffs with chamber, as needed while waiting for provider instructions (1 puff with SMART, 2 puffs with AIR) If my symptoms are quickly getting worse AND I cannot reach my doctor Go to Red Zone	
<b>Red Zone: In Danger</b>	<b>Get help NOW:</b>	
My breathing is <b>BAD</b> • Breathing hard and fast • Ribs show when breathing • Neck or stomach caving in • Hard to talk or walk	Go to the closest ER or call 911 • Take 2 reliever puffs with chamber as often as needed, until you get help • Sit upright and try to stay calm • I will see my doctor right away, even if my symptoms get better, and after any visit to the urgent care or ER	

[SMART Asthma Action Plans – Pediatrics Adults](#)

# Spring Regional Meetings

## Virtual Spring Meetings

- March 4th @ 6 – 8pm
- March 12th @ 6 – 8pm
- March 18th @ 6 – 8pm
- Registration is open in the Admin Portal
  - [Spring Regional Meeting Registration](#)
- Practice Clinical Champions required to attend one meeting
  - Cameras must be turned on
  - Zoom display name is clearly identifiable/matches registered name
  - Participate during breakout sessions and participate during Q & A with the speaker and live polls
  - Attendance for >75%% of the meeting duration
  - If unable to attend the meeting that was signed up for, reach out to move to a different date or send delegate information no later than 12pm on the day of the meeting
  - Phones silent during the virtual meeting
  - Attendees are expected to interact professionally and be respectful of other participants/facilitators and their comments/questions



## Registration

- Registration for the events will occur in the Admin Portal. Recordings of each event will be added to the INHALEarning Platform for on-demand viewing, but CME will not be offered for this series of recorded L3s.

[Register Here](#)

## REMINDER

All INHALE participating providers must attend 1 of 6 live events or watch any available L3 on-demand in the INHALEarning Platform for 2026 Participation VBR. If a physician chooses on-demand viewing to earn VBR credit, they must choose a module labeled '**Lung Learning Lab**' and complete the '**VBR Credit Form**' to record their participation in the module.



# L3 Series 2



Presenter	Date	Topic
Dr. Wassim Labaki	January 16th, 2025	Personalizing COPD care: The role of phenotypes to guide advanced therapy selection
Wendy Wright, DNP	February 13th, 2025	Asthma management: Innovating to improve care
Dr. Wanda Phipatanakul	April 1st, 2025	Role of Biologics in Pediatric Asthma: Where are we now and into the future?
Dr. Meilan Han	May 13th, 2025	Early diagnosis of COPD
Dr. Paul O'Byrne	June 5th, 2025	Asthma exacerbations and their prevention
Dr. Toby Lewis	July 8th, 2025	Pediatric topic TBD



# Data Dashboard Release



- Data dashboard released on January 8th
- Reporting data through October 2024 (end of MY)
- New Baselines/Targets for Inhaler Ed and TCC VBR
  - Detailed in push report



# 2025 Data Dashboard Release Schedule



Release #	Date	Claims through	Notes
1	Jan 8th	11/30/24	Data for end of MY
2	Feb 28th	12/31/24	Includes trends for all measures Baselines/Targets for OCS Measures
3	Apr 30th	2/28/25	--
4	Jul 31st	4/30/25	Pulm Rehab measure added
5	Sep 8th	6/30/25	--
6	Nov 19th	8/31/25	End of MY data

*NOTE: Dependent on MDC and BCBSM Claims*

# VBR Requirements Reminder



## Reminder

- Practices & physicians should continue to work on the various VBR participation requirements that are due 8/31/2025.
- VBR information can be found on the website including an updated potential schedule for completing required participation activities.
  - [VBR Information](#)



### Continuing PO Practice-level Participation Activities

#### Potential Schedule for Completing Required Participation Activities for 2026 VBR

- Participation details: [INHALE 2026 Continuing VBR Scorecard](#)
- Measurement period: 9/1/2024-8/31/2025
- VBR Reimbursement period: SCP 3/1/2026-2/28/2027; PCP 9/1/2026-8/31/2027

Year	Month	Activities	Location	Link
	September			



### Onboarding PO Practice-level Participation Activities

#### Potential Schedule for Completing Required Participation Activities for 2026 VBR

- Participation details: [INHALE 2026 Onboarding VBR Scorecard](#)
- Measurement period: 9/1/2024-8/31/2025
- VBR Reimbursement period: PCP 9/1/2026-8/31/2027

Year	Month	Activities	Location	Link
2024	September & October	Fall Regional Meeting *		✓
2025	January	Inhaled Medications Module * MDC Data Sign In (1 of 2)**	INHALE Website	<a href="#">INHALEarning Login</a>
	February	Lung Learning Labs (L3) Requirement for <b>ALL Participating Physicians</b> <small>(Live L3 schedule runs January-July; on-demand also gives credit)</small>	INHALE Website	<a href="#">On-demand- INHALEarning Login</a> <a href="#">Live L3 Registration - Admin Portal</a>
	March	Spring Regional Meeting *	Virtual	<a href="#">Spring Regional Meeting Registration</a>
	April	OCS Overuse Case Review Complete Engagement Activity (1 of 2)	INHALE Admin Portal	<a href="#">INHALE OCS Overuse Case Form</a>
	May	Complete PDSA Worksheet * • OCS Stewardship or • Inhaler Education Intervention <small>(can be completed by Practice Liaison)</small>	INHALE Admin Portal	<a href="#">INHALE PDSA Worksheet</a>
	June	Complete Practice Assessment Survey Complete Engagement Activity (2 of 2)	INHALE Admin Portal	<a href="#">Practice Assessment Survey</a>
	July	MCD Data Sign In (2 of 2) **	MDC Website	<a href="#">Michigan Data Collaborative</a>
	August	<b>All activities need to be completed by 8/31/2025</b>		

# Resource Bags



## Update

- Should be ready to ship by January 17th
- INHALE will email each PO/Practice when shipments will be made



# Questions



# Contact



[INHALE-support@med.umich.edu](mailto:INHALE-support@med.umich.edu)



[www.inhalecqi.org](http://www.inhalecqi.org)



INHALE\_cqi



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[MichiganDataCollaborative@med.umich.edu](mailto:MichiganDataCollaborative@med.umich.edu)

Technical support with data hub or access concerns