



# INHALE

## Monthly PO Update

12/9/24 & 12/18/24



# Agenda

- Announcements & Reminders
- New Resources
- Data Dashboard Release Notes
- Push Reports
- Site Visit Update
- L3 Registration
- Attestation
- Pediatric Committee recruitment
- Resource Bag Update
- Website Revamp



# Announcements & Reminders



## Next PO Monthly Calls

- January 8th at 2:00pm
- January 13th at 11:00am

## Admin Portal

- Registration for L3's is live
- Practice Engagement activities now added
- Tasks section expected to be updated by 12/11/24

## Spring Regional Meetings

- March 4th @ 6 – 8pm
- March 12th @ 6 – 8pm
- March 18th @ 6 – 8pm
  - Registration to open in Jan 2025
  - Practice Clinical Champions required to attend



# Announcements & Reminders

(Cont'd)



## 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

## Resource Bags

- Awaiting supply delivery

## INHALE Coordinating Center CLOSED

- December 24th through January 4th
- Responses to inquiries will be delayed



## New resources available on our website!

**Global Initiative for Chronic Obstructive Lung Disease**



**2025 REPORT**

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

[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>																																																								
<p><b>My breathing is normal for me</b></p> <ul style="list-style-type: none"> <li>Cough is normal</li> <li>Mucus is normal</li> <li>Sleeping is normal</li> <li>Eating and appetite is normal</li> <li>My activity level is normal</li> </ul>	<input type="checkbox"/> 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 <input type="checkbox"/> If I get symptoms I will take: _____																																																								
<b>Yellow Zone: Bad Day for Me</b>	<b>Action Steps</b>																																																								
<p>I have any of these:</p> <ul style="list-style-type: none"> <li>A low-grade fever that does not go away</li> <li>Used more of my rescue medication without feeling better</li> <li>A change in color, thickness, smell, or amount of mucus</li> <li>Trouble breathing or feel more tired than usual</li> <li>New or more ankle swelling</li> <li>A feeling of being more breathless than normal</li> <li>A feeling like I am catching a cold</li> </ul>	<input type="checkbox"/> I keep taking these medications every day: <input type="checkbox"/> I will start taking these medications: <input type="checkbox"/> I will call my doctor today at _____ <b>AND do the following:</b> <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>																																																								
<p><b>My breathing is BAD, and I have any of these:</b></p> <ul style="list-style-type: none"> <li>Confusion or slurred speech</li> <li>Severe shortness of breath or chest pain</li> <li>Blue color around my lips or fingers</li> <li>Started coughing up blood</li> </ul>	<input type="checkbox"/> Get help NOW! Go to the closest ER or call 911 <input type="checkbox"/> I will start these medications: _____																																																								
<p>Place a check in the box to show what a "green day" looks like for you.</p> <table border="1"> <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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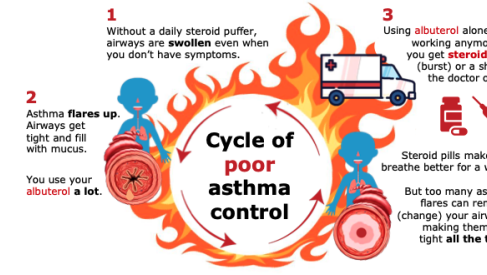
[COPD Action Plan](#)

### 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**

**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.

**STOP**

**Airway swelling and poor asthma control**

Take an inhaled steroid puffer with your albuterol and use as you were told to by your doctor.


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](#)

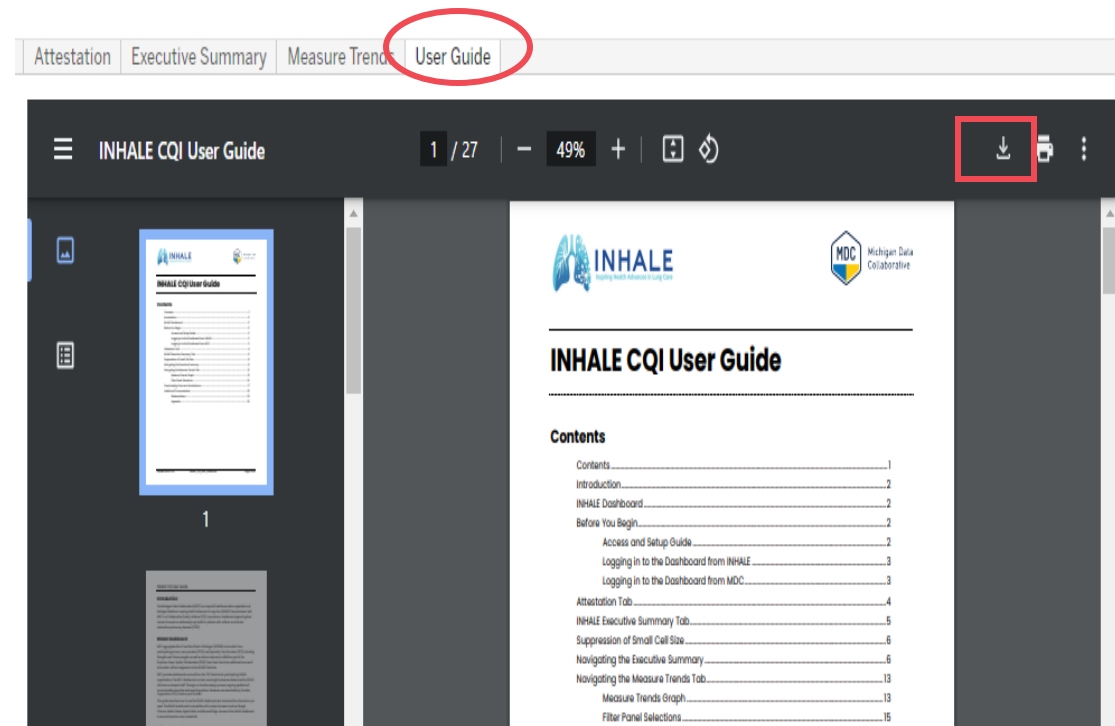
	<b>My Asthma Action Plan (18 and Older)</b>	Name: _____ DOB: _____ Date: _____ Emergency Contact: _____ Phone: _____ Triggers: _____
<b>My Asthma Medication</b>		
<b>MAINTENANCE</b>	<b>RELIEVER</b>	
<input type="checkbox"/> budesonide/formoterol (Symbicort or Breyna) _____ /4,5	<input type="checkbox"/> same as maintenance (SMART)	
<input type="checkbox"/> mometasone/formoterol (Dulera) _____ /5	<input type="checkbox"/> albuterol/budesonide (AirSupra) 90/80 mcg (AIR)	
<b>Green Zone: Doing Well</b>	<b>Every day I take:</b>	
<p><b>My breathing is GOOD</b></p> <ul style="list-style-type: none"> <li>No coughing</li> <li>No wheezing</li> <li>Asthma does not wake me from sleep</li> </ul>	<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>	
<p>I am having trouble breathing or I am starting to get sick</p> <ul style="list-style-type: none"> <li>Coughing</li> <li>Wheezing</li> <li>Shortness of breath</li> </ul>	<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] <input type="checkbox"/> 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>	
<p>I am still having trouble breathing and my reliever medicine is not working</p> <ul style="list-style-type: none"> <li>Constant coughing</li> <li>Chest tightness</li> <li>Difficulty with daily activities</li> <li>Asthma wakes me from sleep</li> </ul>	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>	
<p><b>My breathing is BAD</b></p> <ul style="list-style-type: none"> <li>Breathing hard and fast</li> <li>Ribs show when breathing</li> <li>Neck or stomach caving in</li> <li>Hard to talk or walk</li> </ul>	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](#)

# Data Dashboard Release Notes



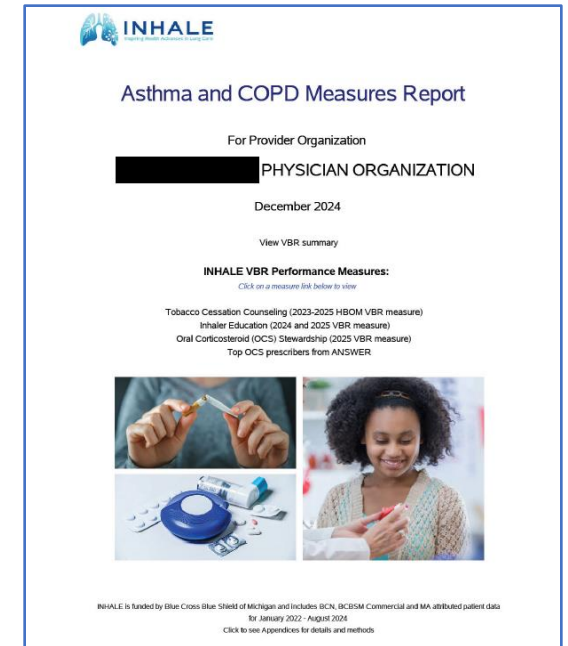
- Each data refresh has updates to the INHALE CQI User Guide
  - Explains the enhancement and methodology (if applicable)
- User Guide is a great resource and can be downloaded
  - Need to do this for each release for most up-to-date information
- Email with release notes sent to all users for each data refresh



# Push Reports



- Push reports were sent out 12/5/24
- These contain:
  - **Baselines** and **Targets** for this Measurement Year
  - A snapshot of performance to date
- Benchmarking and Trend charts for all performance measures
- Results for Inhaler Ed VBR will be available in January 2025
- Welcome feedback on the reports - [INHALE-support@med.umich.edu](mailto:INHALE-support@med.umich.edu)





# Site Visits Update



- 4 site visits have been successfully completed
- The CC and clinics have gained valuable information from each other
  - The team was able to share resources and walk through data from the Data Dashboard
- Openings are available
  - Future scheduling will be dependent on weather and availability
  - Zoom option is available during winter months

If you know of a practice that is interested in a site visit, please have them fill out the request form on the [Admin Portal](#)





## 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.

# 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

# January 2025 Attestation



- From the 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

\*Dependent on BCBSM's release of PGIP list



## Call for Members

### Who we are looking for:

- 12-15 Members for a Pediatric Subcommittee
- Providers that take care of children

### What we will be doing:

- As one of 2 CQIs that include the pediatric population, we have a unique responsibility to this population
- Potential Topics to be covered:
  - Concerns of pediatric asthma management
  - Consensus around treatments/diagnosis/biologics
  - Social drivers of health (formerly Social Determinants of Health)
  - Decision/Escalation algorithm
  - Escalate concerns to the larger collaborative and where we can make an impact
  - Diagnosing under 5

## Call for Members

- Time Commitment: Quarterly Zoom meetings with potential to meet in-person at regional meeting
- When: Quarterly for 1 hour
- More Details:  
INHALE will help lead the group to start-we'd like for the group to be collaborative led

Nominate colleagues on INHALE website



## School of Information Project

- INHALE Coordinating Center is working with a team of students at University of Michigan's School of Information to revamp parts of the INHALE website
  - Likely going to enhance the resource section
- The students are hoping to connect with INHALE website users to conduct interviews.
  - PO Admins
  - Physicians
  - Practice staff

Email the CC if you or someone you know is interested in participating  
in an interview

# 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