

Optimizing Asthma Outcomes – Discharge Plan

This checklist is derived from multiple guidances and expert reports intended to aid in transition of care plans for patients 12 years and older who present to an acute care facility for an asthma exacerbation.^{1,2}



Follow-up Visits^{1,2}

Schedule a follow-up appointment within 1-4 weeks of discharge with:







- Pulmonologist or Allergist, if any of the following apply:
 - Requiring medium- to high-dose ICS with additional asthma controller medications
 - ≥2 asthma exacerbations requiring OCS in the prior 12 months (including current presentation)
 - ≥1 asthma exacerbation in the prior 12 months requiring hospitalization
- Primary Care Provider, for all patients



Asthma Medication Regimen^{1,2}

- | | |
|--|---|
| <input type="checkbox"/> Rescue Therapy | <input type="checkbox"/> Maintenance Therapy^{a,b} |
| <input type="checkbox"/> SABA | <input type="checkbox"/> ICS |
| <input type="checkbox"/> SABA + ICS | <input type="checkbox"/> ICS + LABA |
| | <input type="checkbox"/> ICS + LABA + LAMA |
| | <input type="checkbox"/> Biologics |
| | <input type="checkbox"/> Other: _____ |

Assess Factors that may Impact Asthma Control¹

- Verify correct inhaler technique 
- Assess adherence and compliance to asthma maintenance and rescue medication regimen 
- Assess for environmental exposure to irritants or allergens 
- Assess comorbidities (eg, rhinitis, rhinosinusitis, obesity, GERD, OSA, anxiety/depression) 
- Explore patient assistance and support programs 
- Exposure to tobacco smoke or e-cigarettes 

For Additional Educational Asthma Resources



^aSelection of low/medium/high-dose ICS maintenance inhalers is based on asthma severity; ^balternative use or addition of LTRA.

GERD, gastroesophageal reflux disease; ICS, inhaled corticosteroid; LABA, long-acting β_2 -agonist; LAMA, long-acting muscarinic antagonist; LTRA, leukotriene receptor antagonists; OCS, oral corticosteroids; OSA, obstructive sleep apnea; SABA, short-acting β_2 -agonists.

1. Global Initiative for Asthma. Global strategy for asthma management and prevention, 2024. Available at: www.ginasthma.org. Accessed June 14, 2024. 2. National Heart, Lung, and Blood Institute (NHLBI). 2020 Focused Updates to the Asthma Management Guidelines: a report from the National Asthma Education and Prevention Program Coordinating Committee Expert Panel Working Group. Accessed June 14, 2024. <https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/2020-focused-updates-asthma-management-guidelines>.