

# **Retail Pharmacy Perspective: Challenges in the Administration of Asthma Medications**

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## **Disclosure of Conflict of Interest Information**

**I have no existing conflict of information to disclose**

# ***Objective***

***Participants will learn, from the retail pharmacy perspective, challenges in the administration of asthma medications.***

# *Morbidity and Mortality of COPD*

-  COPD is the **fourth** leading cause of death in the US
-  **119,000** adults died from COPD in 2000
-  Accounted for **1.5 million** ER visits in 2000
-  **726,000** hospitalizations in 2000

# *Quality of Life*

 51% of all COPD patients say it limits their ability to work

 70% limits normal physical exertion

 56% limits social activities

 50% limits sleeping

 46% limits family activities

# ***Incidence of Asthma***

- More than **20 million** Americans affected
- Accounts for **14 million** missed school days
- **48%** say asthma limits sports and recreation ability
- **80-90%** have difficulty breathing after exercise
- Between **10% to 50%** of elite athletes

# *How Prepared are They?*

- **579 children** under 12 years of age on the playing field
- Only **22%** of those diagnosed with asthma had their inhalers with them.



Cardona I, D'Alonzo GE Jr, Becker J et al  
Ann Allergy, Asthma, Imm, 2004;92(3):340-343

# *Challenges*

- Time
- Location
- Technology for documentation

# ***COPD***

- Take advantage of what we DO have
- Meet the patients' need for information in a timely manner
- ALL education based on GOLD guidelines
- Each interaction had a specific educational opportunity

# ***Educational Opportunities***

- Medications
  - Technique
  - Side effects
  - Does it match daily life?
- Lifestyle enhancements
  - Breathing techniques
  - Smoking Cessation assistance
  - Household aids
  - Diet, exercise
  - Importance of spirometry

# ***Accomplishments***

- 89 patients seen
- 160 total consults given
- 11 patients indicated a decrease in breathlessness score
- 5 patients reported a decrease in ER visits
- 6 patients reported a decrease in hospitalizations

# *Improvements*

- Documentation
- Improved referrals from physicians
- More organized follow ups with patients
- Addition of spirometry to program for more objective values
- Tracking adherence with medication regimens

# ***Asthma and Physical Activity***

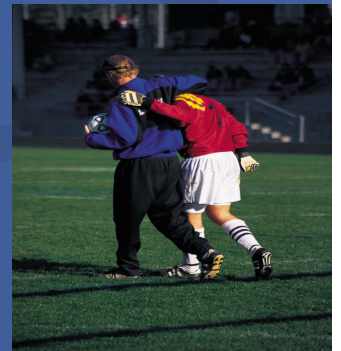
- Created a 2 hour seminar for coaches, trainers and teachers that encounter students or athletes with asthma
- Obtained CPDU credit
- Goals of program
  - Define asthma and EIA
  - Discuss symptoms, triggers and prevention strategies
  - List activities that are more asthmogenic
  - Describe roles of medications
  - Discuss peak flow meters, asthma action plans and emergency plans importance
  - Hands on training in MDI and peak flow meter technique

# *Results*

- 250 Total participants
- Average pre-test score: 78%
- Average post-test score: 93%
- Total number of ROEs: 15

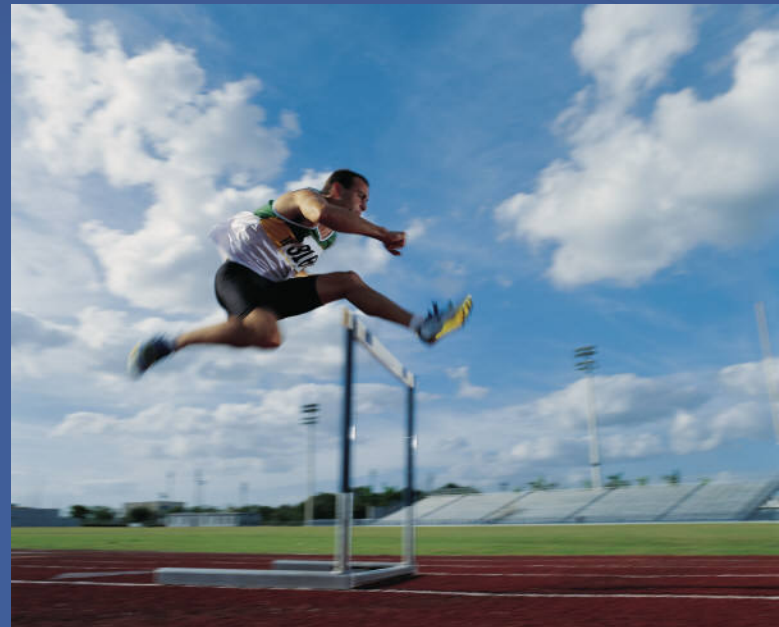
# *Benefits for Coaches and Teachers*

- Increases comfort level in encouraging students to be physically active
- Increases confidence in recognizing a breathing problem before it becomes a more serious issue
- Increases communication between coaches/teachers, school nurses, children and parents
- Helps decrease the likelihood of a tragedy



# *Challenges To Programs*

- \$\$\$
- Time
- Attitudes
  - Coaches
  - Parents
  - Physicians



# *Conclusion*

- Retail programs on asthma management can work
- Opportunities must be addressed
- Need to consider restrictions of retail setting
- Integrate the entire health professional team for optimal care
- Successes can happen!

*Questions?*

