

Reducing Readmission Rates to the Harrington Hospital Emergency Department after Acute Asthma Exacerbation

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Asthma

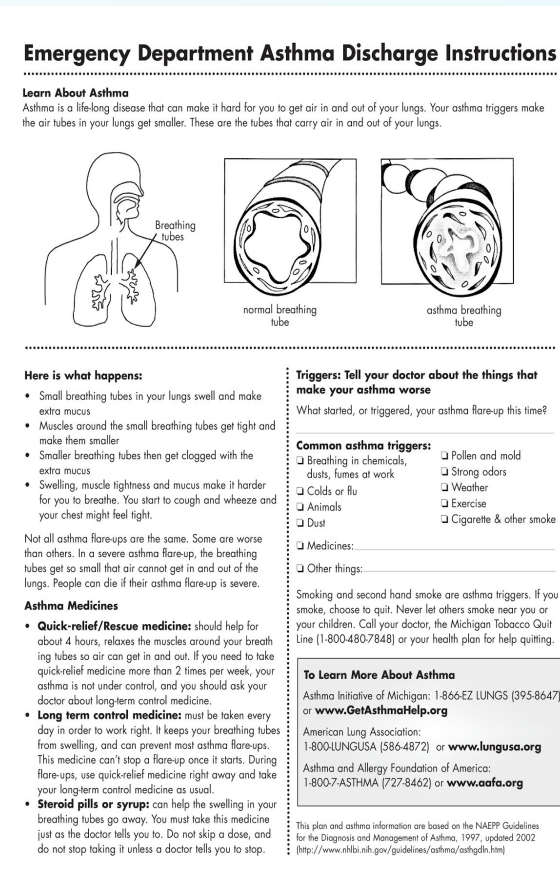
- Asthma is within the top 3 most common diagnostic categories of ED use²
- ED recurrence rates of asthma management can exceed 25%, with most recurrences occurring within 30 days of discharge¹
 - Recurrence rates are highest among low socioeconomic status groups along with Black and Latino populations (Hispanic population of Southbridge area is 26.6%)
- Medicare Readmission Reduction Program penalizes for excess readmission rates⁸
- Each ED visit for asthma costs on average \$1,500 resulting in increased healthcare-related financial burden for both the patient and provider⁹
- Studies have shown that educational interventions targeting common recurrence factors have reduced ED recurrence rates⁶

Asthma in Southern Worcester County Area

Major Findings from January 2014 Harrington Health Needs Assessment:

- Rate of pediatric asthma visits to Harrington Hospital Emergency Department: 991.5 asthma related visits per 100,000 (as compared to 901.4/100,000 state-wide).
- Prevalence of asthma in Southbridge public schools: 27.8 %

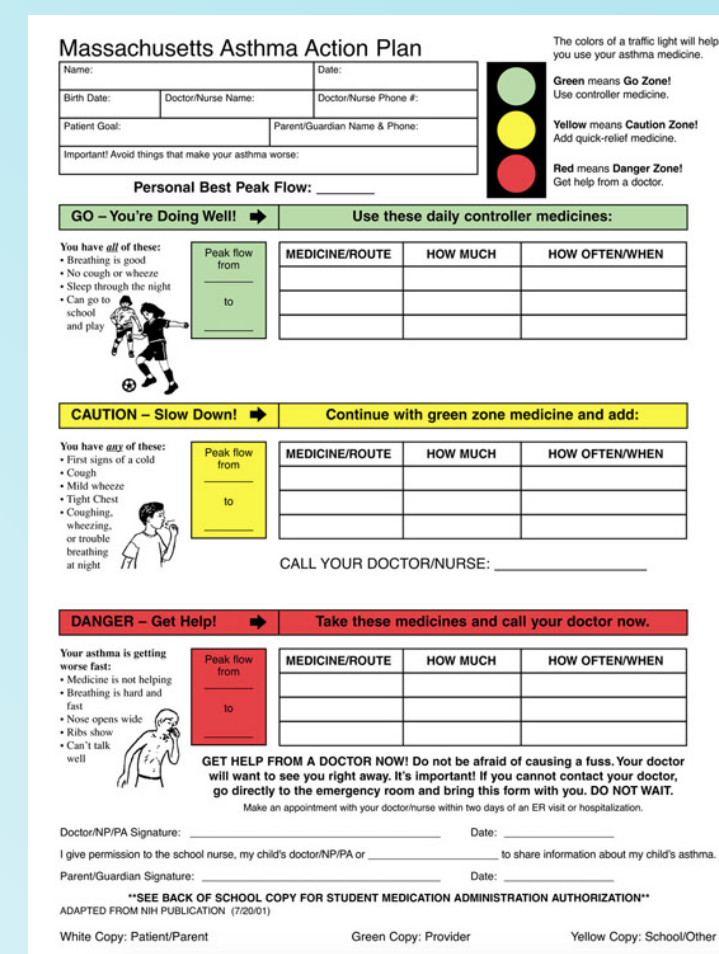
Simplifying Patient Education



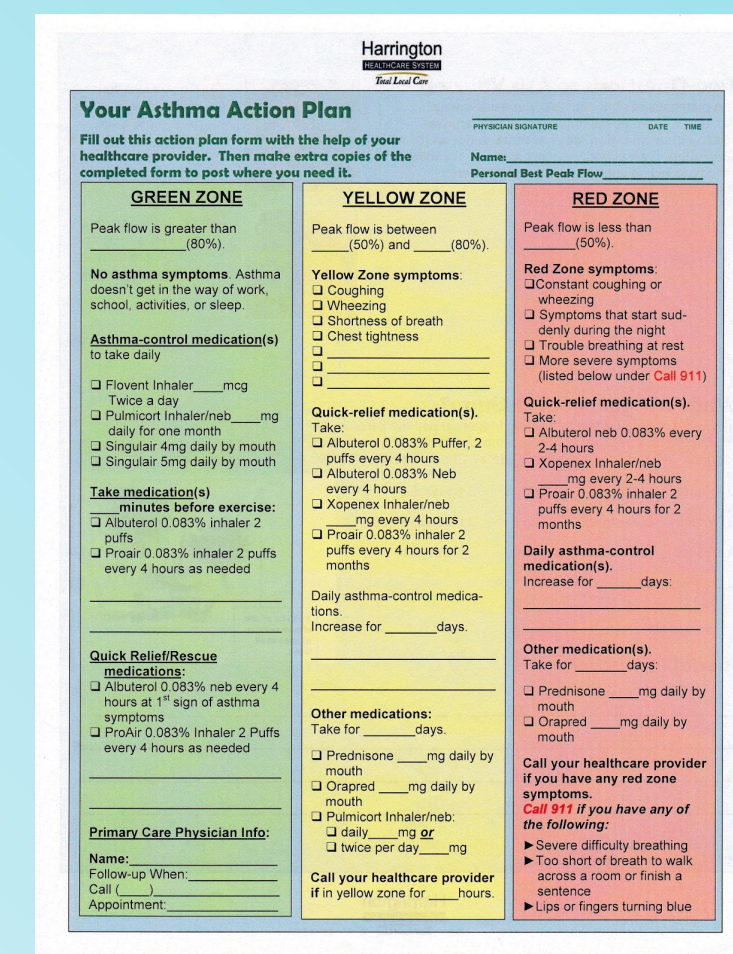
On the right is an example of a patient friendly "fridge sheet". Patient education material that is simple and easy to read leads to better understanding of conditions and decreases patient visits to the emergency department.

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Recommended vs Current Asthma Action Plan



Recommended



Current

Recommendations for Reducing Asthma Readmission Rates

Recommendation #1: Better Evaluation of Symptom Control

- Use of Asthma Control Test (ACT) in the ED to assess control of symptoms
- ACT is an objective assessment of symptoms

Recommendation #2: Simplify Patient Education

- Simplify important (e.g. Long vs Short term Meds.) information for patients
- No more than a 6th grade reading level
- Easy to read one page "Fridge Sheet"

Recommendation #3: Standardize Education Materials

- Standardize asthma education materials between providers
- From presentation in the ED to primary-care follow-up in the Harrington system, providers will know what materials patients were given, and will be better able to assess a patient's understanding of their asthma

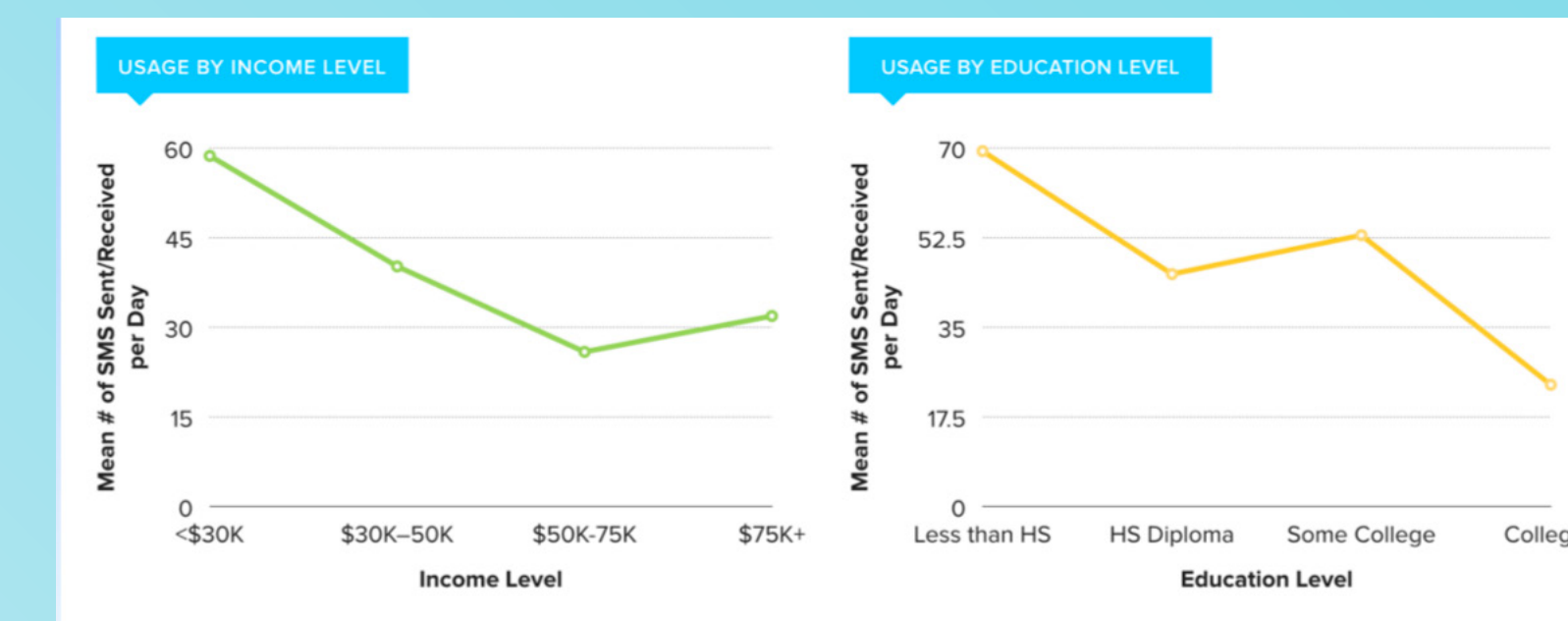
Recommendation #4: Multilingual and Multi-Platform Educational Outreach

- Short, age-appropriate educational videos in the ED to increase education
- Implementation of SMS message reminders/education
- Ability to distribute resources in multiple languages

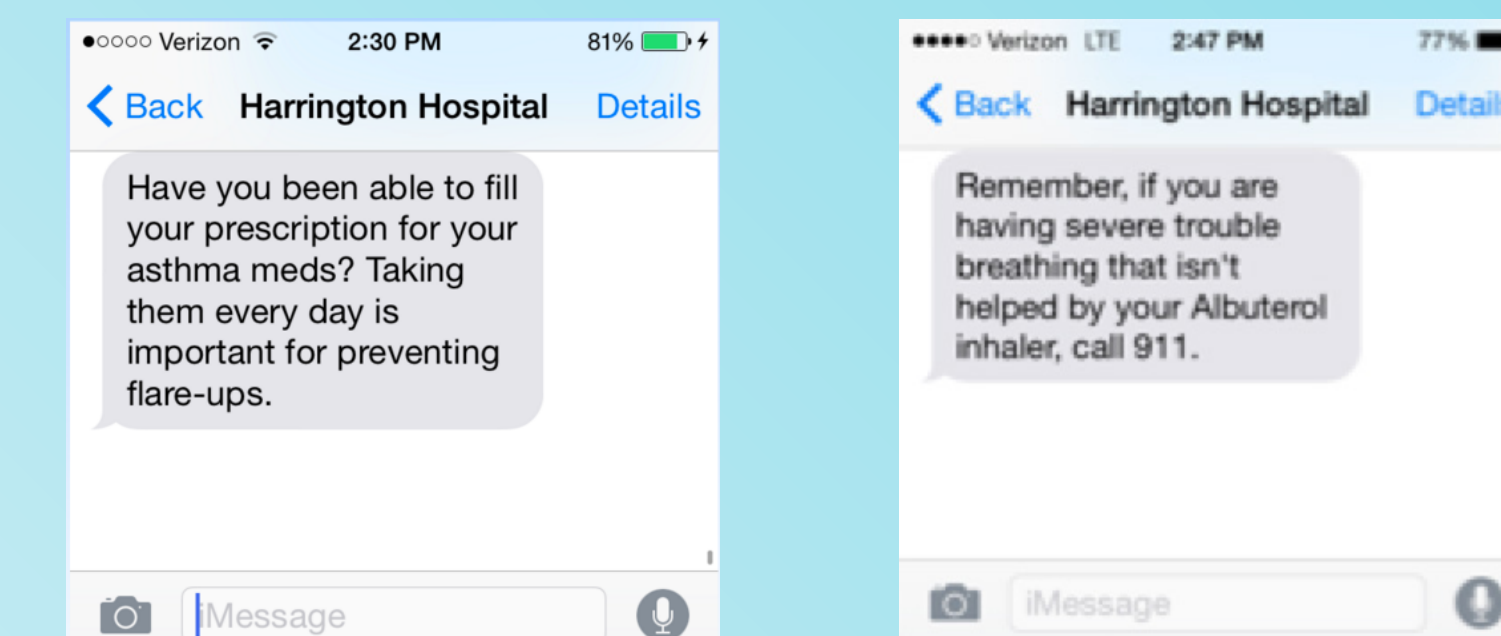
Use of SMS Text in Improving Health Outcomes

Implementation of SMS text alerts and reminders has been proven to:

- Increase medication adherence
- Improve appointment attendance
- Reach out to patients most in need of help



SMS Text is extremely cost effective; fractions of a penny per text. The least socio-economically empowered patients have the highest usage of SMS text.¹⁰



Examples of SMS message reminders/education

References

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