

Self-Management of Asthma Workgroup
November 9, 2005, 2:30-4:00 pm
Oregon DHS

Attending: Jan Britt, Mid Rogue IPA (via phone); Janet Kershner, Tuality Health Alliance (via phone); Megan Mikkelson, ODS Companies; Stacey Hastings, Coos County Health Department (via phone); Jeanne McGee, McGee and Evers Consulting; Mark Evers, McGee and Evers Consulting; Beverly Stewart, American Lung Association of Oregon; Carol Opheikens, Immunization Program; Tracy Alexander, Oregon Asthma Program.

Meeting Overview: Flu update from Carol Opheikens with the DHS Immunization Program; Group discussion on key messages for new Oregon Asthma Resource Bank Materials.

Meeting Highlights:

Flu Update

Carol Opheikens provided an update on flu season and the flu vaccine. The National Heart, Lung, and Blood Institute's *Guidelines on the Diagnosis and Management of Asthma* recommend that all people with persistent asthma should receive a flu vaccine. However, Carol shared that only about 1/3 of adults with asthma receive the flu vaccine. Data suggests flu vaccinations are lower among people with chronic conditions than the general population. Flu can lead to pneumonia and other respiratory infections. Carol also indicated that it is recommended that all people who live with asthmatics should receive a flu shot.

Barriers to receiving a flu shot include: uninsured and underinsured adults, cost (flu shots cost between \$25-\$35), lack of a medical home, shortages and delays in access to flu vaccine, and lack of consistent physician recommendation.

Ideas to address barriers: recall/reminder cards for patients (from clinic, health plan) and physicians (from health plan), education, mobile flu van, standing orders, evaluation of how well clinics are vaccinating their patients, tracking system to provide consistent follow-up with patients, partner with pharmacies to distribute vaccines.

Options for obtaining information on getting a flu shot:

1. Go to flufinder.com
2. Call 1-800-safenet
3. Call your health provider

Oregon Asthma Resource Bank: Key messages for new asthma education materials

McGee and Evers Consulting led a discussion on what the group felt were the most important messages to convey when talking about the following topics:

1. Flu and Asthma
2. Tobacco and asthma
3. Steroid phobia
4. The importance of taking a long-term controller medication

Program Updates:

American Lung Association of Oregon: FluFinder.com is now available on ALAO's website. Use Flu Finder to locate flu clinics in your area. For more information contact Bev Stewart at (503) 924-4094.

Next Meeting

The next meeting will be January 11, 2005 from 2:30-4:00 at the Portland State Office Building in room 705C. **Tami Kochan will be presenting the results and recommendations from her experience testing the resource bank materials with three pediatric clinics.** If you have any questions, please feel free to contact Tracy Alexander at tracy.j.alexander@state.or.us or (971) 673-1103.