

# NAMCS Special Supplements: Asthma and CAM

2012 National Conference on Health Statistics  
Monitoring Health Care Reform through Provider-Based  
Surveys: New Initiatives from the NAMCS & NHAMCS

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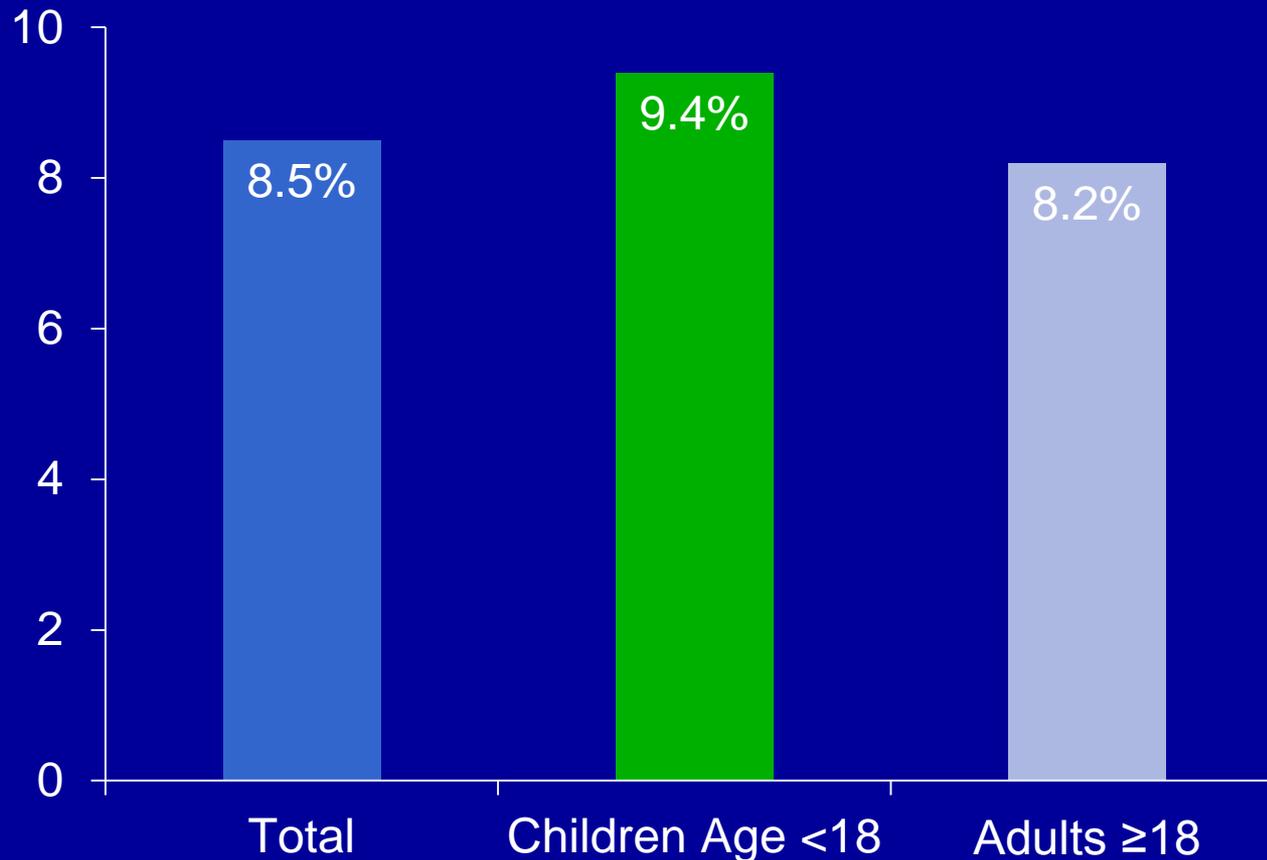
# NAMCS 2012 Supplements

- Asthma
- Complementary and Alternative Medicine

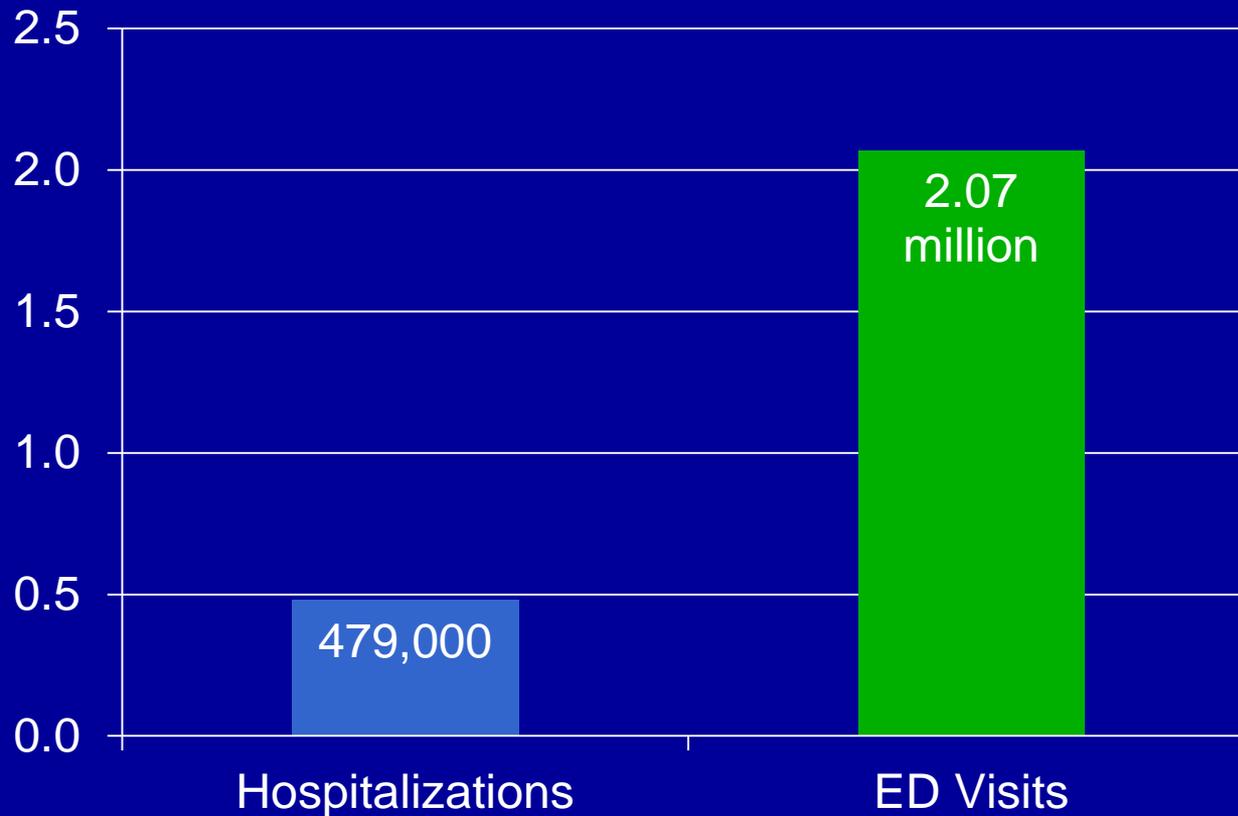
# Introduction to Asthma

- Chronic respiratory disease
- Symptoms caused by inflammation and narrowing of small airways
- Strategies to control and prevent symptoms exist but are under-utilized

# Asthma Prevalence – United States, 2010



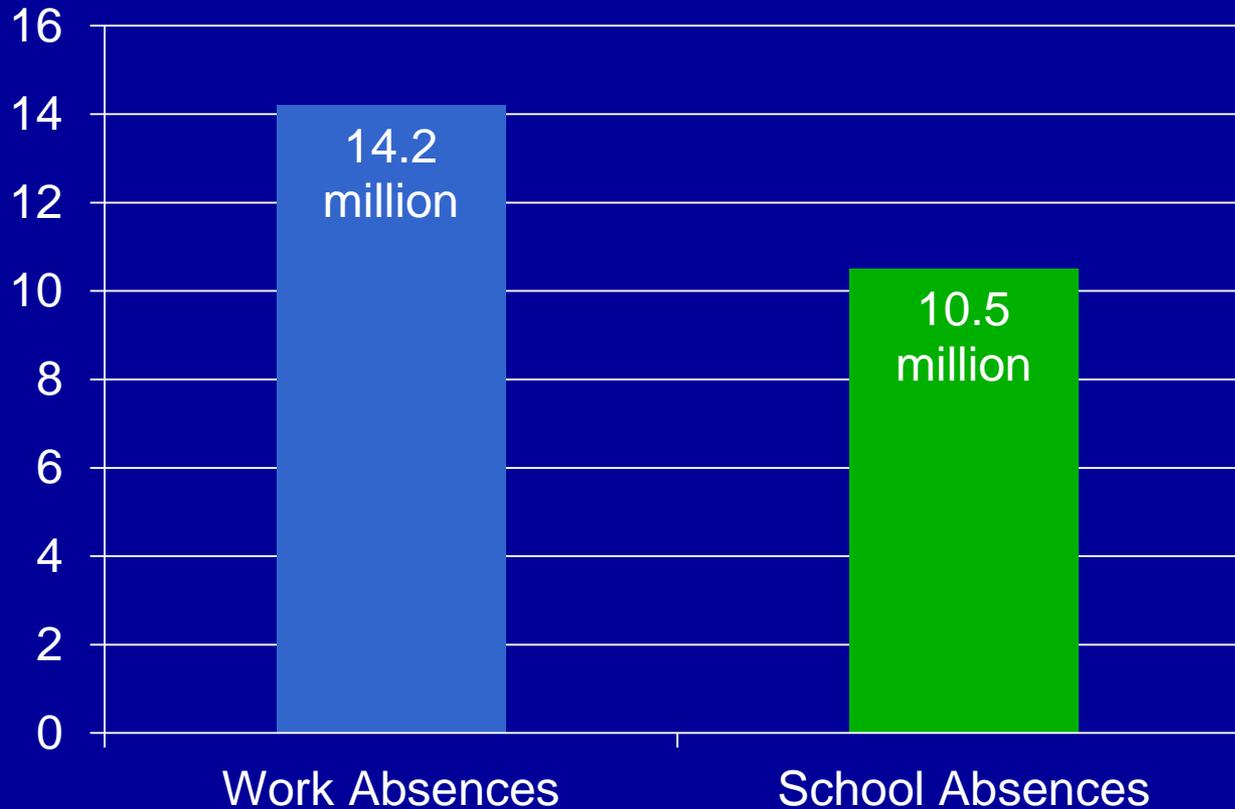
# Asthma Healthcare Utilization – United States, 2009



Source: CDC/NCHS, National Hospital Ambulatory Medical Care Survey.

Source: CDC/NCHS, National Hospital Discharge Survey.

# Asthma School and Work Absences – United States, 2009



# Management of Asthma

- National Asthma Education and Prevention Program (NAEPP) commissioned an Expert Panel to develop clinical practice guidelines
  - EPR-3 Full Report 2007: Guidelines for the Diagnosis and Management of Asthma
- Recommendations organized around 4 key components of asthma management
  - Assessment and monitoring
  - Patient education
  - Control of environmental factors
  - Pharmacologic treatment

# NAMCS Asthma Supplement

- Objectives
  - Assess physician use and acceptance of the NAEPP Guidelines for the Diagnosis and Management of Asthma
  - Understand barriers to implementation of Guidelines
  - Inform strategies to increase effective implementation of the Guidelines

# NAMCS Asthma Supplement

- Partners
  - Centers for Disease Control and Prevention
  - National Institutes of Health
  - Environmental Protection Agency
  - American Academy of Allergy, Asthma and Immunology
  - Merck Childhood Asthma Network
- Respondents
  - Physicians who manage and treat asthma
  - Increased sample of pulmonologists and allergists

# NAMCS Asthma Supplement

- Questions evaluate physicians' acceptance and use of recommended strategies
- Acceptance of strategies
  - Assessment of effectiveness
- Use of strategies
  - Confidence in their ability to use strategy
  - Percent of visits where strategy is performed
  - Reasons for not using strategy

# NAMCS Asthma Supplement

- Content
  - Patient population
  - Practice workflow
  - Assessment and monitoring
    - Use of spirometry
    - Assessment of control
  - Patient education
    - Observation of inhaler technique
    - Use of written Asthma Action Plans

# NAMCS Asthma Supplement

- Content
  - Control of environmental factors
    - Assessment of home triggers
    - Recommendation to avoid secondhand smoke
  - Pharmacologic treatment
    - Use of inhaled corticosteroids
- Related additions to Patient Record Form
  - Asthma severity and control assessment
  - Asthma Action Plan provided

# Health Care Reform and the NAMCS Asthma Supplement

- Asthma supplement data will help inform strategies to increase use of the Guidelines and improve patient outcomes
- Consistent with aim of health care reform provisions to improve the quality of health care

# Introduction to Complementary and Alternative Medicine

- CAM encompasses a group of diverse medical and health care systems, practices, and products not generally considered part of conventional medicine
- Complementary medicine refers to use of CAM together with conventional medicine
- Alternative medicine refers to use of CAM in place of conventional medicine

# Introduction to Complementary and Alternative Medicine

- CAM Use - 2007
  - 38% of U.S. adults
  - 12% of U.S. children
- CAM Cost and Spending, US Adults - 2007
  - \$33.9 billion out-of-pocket on visits to CAM practitioners and purchases of CAM products, classes, and materials

# Introduction to Complementary and Alternative Medicine

- CAM checkbox was added to NAMCS Patient Record Form in 2005
- In 2009, CAM was ordered or provided at 5.38 million visits to office-based physicians

# NAMCS CAM Supplement

- Objectives
  - Determine extent to which conventional providers integrate CAM into their patient treatment plans
  - Assess physician reasons for recommending or not recommending CAM therapies to patients

# NAMCS CAM Supplement

- Sponsor
  - National Institute of Health's National Center for Complementary and Alternative Medicine
- Respondents
  - Full NAMCS sample

# NAMCS CAM Supplement

- Content
  - Recommendation of specific CAM therapies to patients
  - Discussion of specific CAM therapies with patients
  - Symptoms for which CAM is recommended
  - Factors influencing decision to recommend CAM
  - Factors preventing recommendation of CAM

# NAMCS CAM Supplement

- Content – CAM therapies
  - Herbs and other non-vitamin supplements
  - Mind-body therapies
  - Chiropractic or osteopathic manipulation
  - Acupuncture
  - Naturopathic therapy
  - Massage therapy
  - Homeopathic treatment
  - Biofeedback or hypnosis
  - Yoga

# NAMCS CAM Supplement

- Uses
  - Office-based providers who recommend CAM therapies
  - Specific CAM therapies most frequently recommended and/or discussed with patients

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