

## Asthma Action Plan (AAP)

An AAP is a personalized plan for patients with asthma that provides education and guidelines for self-management of worsening symptoms (how to modify medications and when to access the medical system):

**Asthma Action Plan** Review with your health provider at every visit.

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_  
Physician: Brown, Jane Phone: \_\_\_\_\_

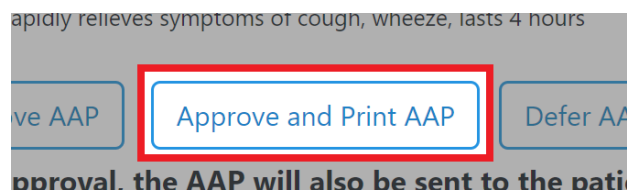
The goal of asthma treatment is to live a healthy, active life.  
Remember that it is very important to remain on your maintenance medication, even if you are having no symptoms of asthma.

Go: Maintain Therapy	Caution: Step Up Therapy	Stop: Get Help Now
<b>Description</b> You have all of the following: Rarely need extra reliever Almost no cough, wheezing, shortness of breath or chest tightening Can do normal physical activities or sports without difficulty No missed regular activities or school or work Have cough, wheezing, shortness of breath or chest tightening less than 1 night per week	<b>Description</b> You have any of the following: Use your reliever more than 3 times per week Have daytime cough, wheezing, shortness of breath or chest tightening more than 3 days per week Normal physical activities are limited Have cough, wheezing, shortness of breath or chest tightening at night or in early AM 1 or more nights per week	<b>Description</b> You have any of the following: Reliever lasts 2-3 hours or less Continuous asthma symptoms Continuous cough Wheezing all the time Severe shortness of breath Sudden and severe attack of asthma
<b>Instructions:</b> Add orange controller (Pivent 250 mcg) 3 puffs 2 times per day for 14 days If no improvement in your symptoms and/or peak flows in 2 days or your reliever only lasts for 2-3 hours, go to red zone	<b>Instructions:</b> Asthma symptoms can get worse quickly. When in doubt, seek medical help Asthma can be a life-threatening illness. Do not wait! If you cannot contact your doctor, call 911 for an ambulance, or go directly to the Emergency Department! Bring this asthma action plan with you to the emergency room or hospital Stay calm	

Medication	Puffer Colour	Dose	Puffs	Times Per Day
Controller				
Albuterol	Parade	200/50 mcg	1	2

The AAP will be available to patients through their eAMS app/web portal at any time.

Although the instructions provided in the AAP are documented in the PSS chart note, clinicians can also print/save the AAP directly from the decision support window by clicking the **“Approve and Print AAP”** button (to print/save directly from the decision support window, please adjust your browser settings to allow for pop-ups).



## Additional Tips

### Moving between decision support screens

To advance screens, click an “action button” at the bottom of the screen. You can click your browser’s back button to revisit a prior screen. Please do not use your browser’s “forward” button, as the eAMS will not save your progress if you have not used one of the action buttons.

### Saving your progress

Clicking “Save Progress and Close”:

- Records any actions performed up to that screen
- Creates a PSS chart note detailing all actions taken up to that screen

Save Progress and Close

Upon re-opening the decision support, you will resume where you (or any other provider who used the system) last clicked “Save Progress and Close.”

### Closing/timing out of the system

If you close the decision support window without saving or if the system times out after 60 minutes of inactivity, actions on the current page will not save. However, all actions in prior pages are auto-saved, and a PSS chart note recording these actions will be generated after 60 minutes of inactivity.

To resume the decision support, click **Refresh** in the eAMS toolbar to see the updated eAMS message. Click this message to open the decision support window.



# eAMS

## The Electronic Asthma Management System

### User Guide for PSS

Project lead:  
Dr. Samir Gupta  
Samir.Gupta@unityhealth.to

Contact us at [admin@easthma.ca](mailto:admin@easthma.ca)

For more information, visit:  
[resources.easthma.ca](http://resources.easthma.ca)

## Getting Started

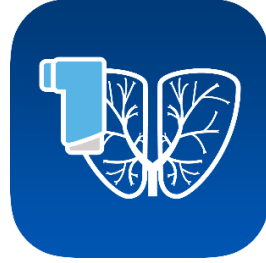
### Which patient charts have the eAMS?

The eAMS toolbar appears in PSS charts of all patients aged  $\geq 16$  years who:

- were prescribed an asthma medication in the last year; and
- have asthma listed in the cumulative patient profile or have had the diagnostic code for asthma (493) billed in the last 3 years (unless they also had the diagnostic code for COPD billed in that period)

### How will my patients with asthma know to register for the eAMS?

Please invite patients to download the free eAMS app from the App Store or Google Play Store (search for “eAMS asthma”).



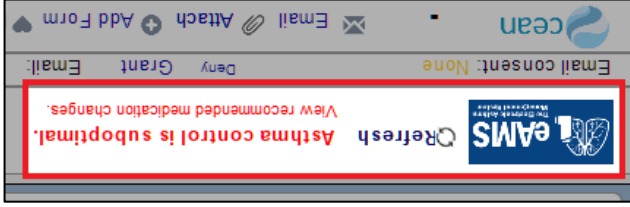
### How will my patients be reminded to complete the eAMS questionnaire before their appointment?

Patient will receive an email reminder to complete the questionnaire within 1 week of their appointment. Patients can also complete the questionnaire on their device in the waiting room, when they arrive for their appointment. If not completed before the appointment, the provider can access and complete the questionnaire with the patient, through the eAMS toolbar (see below).

**Refresh** Patient eligible for asthma decision support. How ever, needs to complete questionnaire - click here to open

## Accessing the Decision Support

Once the patient has completed the questionnaire, decision support is generated automatically and remains valid for 1 month. Upon opening/refreshing the chart, the eAMS toolbar will appear, indicating the patient's asthma control status and providing a clickable link to access the decision support:



**Tip:** We recommend using Google Chrome to open the decision support. Safari, Firefox, and Microsoft Edge are also suitable.

### If your patient did the questionnaire, but you did not get a notification, please ensure that:

- the patient was prescribed an asthma medication in the last year
- “asthma” appears in the cumulative patient profile, or you have billed a visit with the diagnostic code for asthma (493) in the last 3 years (without having billed a visit for COPD (491/492/496) in that period)
- the health card number, date of birth, and clinic entered by the patient when registering for the eAMS matches their PSS record

## Decision Support Steps

There are a maximum of 5 screens, as follows:

1. A report of your patient's asthma control based on guideline criteria, and current patient-entered asthma medications
2. Guideline-based recommendations for medication step-up or step-down
3. Recommendations for escalation therapy whenever patients have a flare-up (as part of their asthma action plan)
4. A pre-populated personalized asthma action plan using medications you approved and the patient's questionnaire entries
5. A closing reminder to book a follow-up and create any new required prescriptions

### How will my decision support choices be documented?

Any actions in the decision support screens are automatically documented in a PSS chart note. After closing the decision support, click the **Refresh** button in the eAMS toolbar for the note to load into the chart. Whenever there are decision support steps remaining, PSS sends the MRP a PSS message to inform them of this (this message is sent the next time the chart is opened).

### Virtual Care Tip: Because decision

support steps do not require the patient's presence, many clinicians prefer to complete decision support before the visit and inform the patient of any medication changes and their action plan at the time of the virtual or in-person visit.