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Asthma adherence pathway app improves adherence, quality of life and outcomes in both children and adults with asthma

Asthma Adherence Pathway (AAP) app enables clinicians to help patients follow through with complex treatment plans. There are three components to this proven effective population healthcare model: The AAP permits identification of reasons (barriers) for not taking asthma medication. Patients then receive in both print and video format the significance of their responses and actions they may take to promote adherence to treatment. Clinicians see the patient's responses and are given clinical decision support adherence strategies to help the patient follow the treatment plan; Clinicians are trained to use Motivational Interviewing, which helps the patient overcome ambivalence about medication use. Training is provided both in person and online and the curriculum is part of the AAP and; Patients are given Internet enabled electronic monitors that fit onto their metered-dose inhalers (both preventative and rescue) which record date and time of use. Clinicians can: monitor the course of treatment in their clinic and apply the AAP to improve adherence to preventative treatment and reduce the need for rescue medication when needed. The model has been found effective in trials with children and adults with severe asthma. The AAP app has been proven effective to increase adherence and quality of life of adult asthma patients. This model is being tested in controlled trials funded by Merck at Highmark and the National Institutes of Health at Geisinger Health Plan.

Biography

Andrew G Weinstein MD received his Medical degree from the University of Pennsylvania; residency and allergy and immunology fellowship from Children's Hospital of Philadelphia; Family Therapy training from the Philadelphia Child Guidance Clinic. He is a "Train the Trainer" in both Motivational Interviewing and Shared Decision Making. He founded Asthma Management Systems LLC., and initiated research funded by the NIH and Merck to test effectiveness of the Asthma Adherence Pathway. He has authored more than 30 articles and chapters in the area of adherence and psychosomatic asthma and is a Leader in the American Academy of Allergy Asthma and Immunology.

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