

ASTHMA IN ONTARIO

IN 2020...



2.3M
Ontarians were living with asthma

50,000
people were newly diagnosed with asthma



That's nearly enough people to fill the Rogers Centre!



1 in 4 children
in Ontario are affected by asthma



1 in 3 people
will develop asthma in their lifetime

What Does High-Quality Asthma Care Look Like During the COVID-19 Pandemic?

People with asthma can live symptom free and control asthma flares when they take the right medications and devices as prescribed, but an estimated 90% of people have uncontrolled asthma. Most people with uncontrolled asthma are not on the right medication. Most people with asthma, including children, benefit from use of inhaled corticosteroids, which reduce their symptoms and their chances of dangerous asthma flare-ups.

Because of the effects the pandemic has on the health care system, it is more important than ever for people with asthma to get the best treatments to prevent emergency room visits for asthma flare-ups.



33,000
emergency room visits



11,000
hospital admissions



580,000
outpatient visits



Asthma Control

Providers assess asthma control at every visit (yes, even virtual visits!) based on 6 simple questions in the **asthma guideline**—not by just asking the patient, “How is your asthma?”



Asthma Medication

Providers initiate inhaled corticosteroids early and adjust medications and devices to keep asthma controlled. They discuss medication adherence and technique with patients. This is especially important during the pandemic because asthma symptoms may be confused with COVID-19 symptoms.



Asthma Action Plan

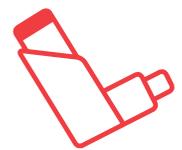
Providers work with patients to create an asthma action plan that empowers them to self-manage asthma flares by adjusting their medications without requiring a health care visit.



Read more about [high-quality asthma care for children and adolescents and for adults](#).

RESOURCES FOR PATIENTS AND PROVIDERS

For Patients	For Providers
<p>Quality Standard Patient Guides for <u>Adults</u> with Asthma and for <u>Your Child's Asthma</u> What to discuss with your family doctor or nurse practitioner to help you receive high-quality care</p>	<p>Asthma Action Plans for <u>Adults</u> and for <u>Children</u> A document you can fill out with and print for your patients with asthma or their caregivers</p>
<p>The Lung Health Line A direct line to information on asthma and other lung health concerns staffed by certified respiratory educators at the Lung Health Foundation Call 1-888-344-LUNG (5864) or email info@lunghealth.ca</p>	<p>Adult Asthma Action Plan Yellow Zone Formulation Table Guidance on formulating recommendations for the “yellow zone” in your adult patients’ asthma action plans</p>
<p>Taking Control of Your Asthma An interactive learning module designed to help you understand your asthma better</p>	<p>Electronic Asthma Management System Personalized, guideline-based asthma treatment guidance and an automated asthma action plan for your patients, instantly and at the point of care, right in your EMR</p>



Among people 65 years and older who have asthma, only 40% filled at least 1 prescription for inhaled corticosteroids.