

# Achievement of Guidelines-Based Medical Management Among People with Asthma

Information for Public Health Professionals

Achievement of guidelines-based medical management among people with asthma is part of EXHALE, a set of six strategies used by CDC's National Asthma Control Program and its partners to help Americans with asthma.

## Achievement of guidelines-based medical management of asthma can:

- Improve medication adherence among people with asthma;
- Reduce asthma-related emergency department visits and hospitalizations;
- Decrease missed school days because of asthma; and
- Reduce healthcare costs.

## Effective ways to achieve guidelines-based medical management among people with asthma include:

- Analyzing medical records to identify people who could benefit from additional outreach or interventions;
- Decision support tools, such as treatment algorithms or reminders; and
- Focused training of healthcare providers.

Learn more about how achievement of guidelines-based medical management can help children and adults with asthma:

<https://www.cdc.gov/asthma/exhale/>



Centers for Disease  
Control and Prevention  
National Center for  
Environmental Health



This strategy is represented by the "A" in EXHALE. The six strategies in EXHALE can have the greatest impact when used together in every community.



### Education

on asthma self-management

### X-tinguishing

smoking and exposure to secondhand smoke

### Home

visits for trigger reduction and asthma self-management education

### Achievement

of guidelines-based medical management

### Linkages

and coordination of care across settings

### Environmental

policies or best practices to reduce asthma triggers from indoor, outdoor or occupational sources

