

# Asthma

## Management recommendations:

- Regarding medications:
  - Ensure medication reconciliation is completed.
  - Review medications to follow Strategy for Asthma Management and Prevention from the **Global Initiative for Asthma**.
- Conduct in-office evaluation to ensure proper inhaler use and technique.
- The Asthma Medication Ratio is one of the National Committee for Quality Assurance (NCQA), Healthcare Effectiveness Data and Information Set (HEDIS®) and Agency for Healthcare Administration measures used to evaluate providers' care and services.
  - This measure intent encourages patients to utilize both asthma controller medications and asthma reliever medications in their regimens instead of relievers alone, to minimize asthma exacerbations.
- Utilize exacerbation management of symptoms to establish and coordinate an action plan with member and caregiver.
- Conduct spirometry testing and pulmonary function test to provide baseline and ensure effective exacerbation management.
- Provide a durable medical equipment referral for a nebulizer.

## Referral to Humana Healthy Horizons® in Florida case management for Regions A-I

- Email: [FL\\_MMA\\_CMReferrals@humana.com](mailto:FL_MMA_CMReferrals@humana.com)
- Case management phone main line: 800-229-9880, Monday – Friday, 8:30 a.m. – 5 p.m., Eastern time

These recommendations were derived from the most current clinical practice guidelines for asthma.

### References:

Global Initiative for Asthma: 2025 Global Strategy for Asthma Management and Prevention (updated 2025)

Global Initiative for Asthma: 2025 Summary Guide for Asthma Management and Prevention for Adults, Adolescents and Children 6–11 years (updated 2025)

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