**PAPER CLIP—ACUTE BRONCHITIS**

**Description:** Acute Bronchitis is an inflammation of the bronchial tubes, the major airways into the lungs.

**Possible Cause:** Acute bronchitis is caused by bacteria and is most commonly caused by viruses. Certain substances can irritate your lungs and airways and raise the risk of getting acute bronchitis. These substances include: tobacco smoke, dust, fumes, vapors or air pollution.

**Diagnostic Tests:** Your provider will ask you questions regarding your medical history and symptoms, such as if you recently had the cold or the flu, if you smoke or have been exposed to an irritant. The provider may listen to your breath sounds or order blood tests, may check for oxygen levels, do lung function tests, and/or take a chest x-ray.

**Conversation with Member:**

- **General opening such as:** “How are things going with your health? Have you recently had a cold/flu or bronchitis?”
- **Offer information:** I have some information to share with you regarding acute bronchitis. Acute bronchitis is an infection affecting the bronchial tubes in your lung, which is a major airway into the lungs.
- **Get more specific:** The current medical recommendations to treat acute bronchitis consists of: getting rest, drinking lots of fluids and taking a fever-reducing over-counter medication like acetaminophen or aspirin. Usually, your Provider will not prescribe antibiotics. This is because they don’t work against viruses and most common cause of acute bronchitis is a virus. Over use of antibiotics can make them less effective when you may have a condition in need of an antibiotic.
- **Lifestyle impacts & Medical Tx options:** You can’t always prevent acute bronchitis, but some important steps to help lower your risk include:
  - Wash your hands often
  - Get your Flu and/or pneumonia vaccine
  - If you are a smoker, try to stop
  - Avoid other lung irritants like secondhand smoke dust, fumes, vapors and air pollution
  - Follow a healthy diet
  - Be physically active
- **Review the member’s plan of action:** “Based on this information, can we make a plan for you to work with your provider? This plan would help prevent or minimize acute bronchitis by getting a flu shot annually, (pneumonia shot if age 60 or older) and practice good/frequent hand washing.”

- **National Standard:** Priority Gap for HEDIS & Stars

**References:**

National Heart, Lung and Blood Institute (NHLBI)
American Lung Association