



### Brief Bio Summary

- ∞ Dr. O'Brien is a board-certified allergist and Fellow of the American Academy of Allergy, Asthma, and Immunology (FAAAAI)
- ∞ Creator of the first asthma disease management program for Kaiser Permanente (1980s)  
[The Southwest Kaiser Permanent Comprehensive Asthma Therapy Program]
- ∞ Creator of the largest asthma disease management program in the United States (1990s)  
[The Prudential Asthma Program]
- ∞ Developer of asthma disease management programs for Anthem, Humana (1990s)
- ∞ National speaker for allergy and asthma disease management
- ∞ Allergist, Group Health Associates, Cincinnati, OH (partner: Thomas Fischer, MD)
- ∞ Former Medical Director for the largest patient education company in the U.S. (1997-2005) [Healthy Advice Networks, Cincinnati, OH]
- ∞ Creator of the first patient education TV network inside physician exam rooms, the Exam Room Network (ERN) [satellite-fed network in 27 cities across the United States]
- ∞ Co-founder of the Allergy & Asthma Care and Prevention Center (Denver, 2004-2006)
- ∞ Developer of the Colorado Asthma Guidelines for the Colorado Clinical Guidelines Collaborative (2004-2006)
- ∞ Co-chair of the Provider Education Committee for the Colorado Asthma Plan (2005-2006)

- ∞ Chosen by the State of Colorado to be the Respiratory Disease Specialist for Colorado Cancer, Cardiovascular, and Pulmonary Disease Grants Program (to disperse \$20 million per year from state tobacco taxes)
- ∞ Researcher: started the first primary prevention of allergies research program in the United States (grant from AAAAI-ERT)
- ∞ Currently: Allergist, Allergy, Asthma and Pulmonary Associates, St. Cloud, MN

### **Personal Data**

Place of Birth	Denver, Colorado
Marital Status	Married (Amy)
Children	Benjamin (1989); Connor (1994); Katie (1996)
Citizenship	United States

### **College Degrees**

1975	B.A., Colorado State University, Fort Collins
1976	Associate Degree, Medical Technology, Wichita St. Univ., Texas
1982	Masters Degree, Nutrition, University of Texas at Austin

### **Medical Education**

8/80 – 6/84	M.D., University of Texas Medical School at Houston
7/84 – 6/87	Residency in Pediatrics University of Texas Medical School at Houston
7/91 – 6/93	Fellowship in Allergy/Immunology Children’s Hospital Medical Center (Cincinnati) and the University of Cincinnati College of Medicine

### **Medical Positions**

7/87 - 7/88	Staff Pediatrician, MacGregor Medical Assn., Houston, Texas
8/88 - 6/91	Staff Pediatrician, Kaiser Permanente, Atlanta, Georgia

Quality Assurance Coordinator for Pediatrics  
Developer and Director, The Southeast Kaiser  
Permanente  
Comprehensive Asthma Therapy Program

7/93 - 6/97 Allergist, Group Health Associates, Cincinnati,  
Ohio  
Volunteer Assistant Professor of Pediatrics  
Children's Hospital Medical Center  
University of Cincinnati College of Medicine

7/97 – 12/05 Medical Director, Healthy Advice Networks (the  
largest patient education company in the United  
States)

10/98–12/05 Creator and Medical Director of The Exam Room  
Network (ERN)

2004-2006 Allergist, Allergy & Asthma Care and Prevention  
Center (Parker, Colorado and Lone Tree, Colorado)

2006-present Allergist, Allergy, Asthma & Pulmonary Assoc., St  
Cloud, MN

### **Licensure and Board Certification**

1987 - 1988 Medical License in Texas (G9294)  
1988 - 1991 Medical License in Georgia (031301)  
1988 - 1998 Board Certification by American Board of Pediatrics  
#43149 recertification 1998  
1991 - 2005 Medical License in Ohio #61959 (State Board No.  
35-06-1959)  
2003 - 2013 Board Certification by Am. Bd. of Allergy &  
Immunology (4827)  
2003 - present Medical License in Colorado (42142)  
2006 - present Medical License in Minnesota (102776)

### **Honors and Awards**

1975 Air Force Medal of Commendation  
(for discovery of a new strain of flu virus named Flu

- A Texas)
- 1987 Outstanding Teaching Resident in Pediatrics
- 1989 Award of Appreciation, The Black Women's Coalition of Atlanta
- 1991 Award of Appreciation, The Southeast Kaiser Permanente Medical Group for development of the Asthma Program

## **Committees**

Coordinator, Quality Assurance Committee, Southeast Kaiser Permanente, Atlanta, Georgia, 1988-1991

Computers and Technology Committee, American Academy of Allergy, Asthma, and Immunology, 1994-1995

Asthma Clinical Effectiveness Committee, Children's Hospital Medical Center, Cincinnati, Ohio, 1995-1997

Vice Chairman of Managed Care Committee, American Academy of Allergy, Asthma, and Immunology, 1996-1997

American Lung Association Task Force on Asthma Advisory Board, 1996-1997

Quality Care of Asthma Committee, Academy of Allergy, Asthma, and Immunology, 1996-2002

Managed Care Committee, American Academy of Allergy, Asthma and Immunology, 1996-present

Colorado Asthma Coalition (CAC), 2004-present

Colorado Clinical Guidelines Collaborative (CCGC), 2004-present

Colorado Asthma Plan, 2004-present

Colorado Cancer, Cardiovascular, and Pulmonary Grants Program, 2005-2006

## **Current Professional Organizations**

American Academy of Allergy, Asthma, and Immunology, 1993-

present  
American Academy of Pediatrics, 1987-1998  
Colorado Medical Society, 2004-present  
Colorado Allergy Society, 2004-present

## **Bibliography**

1. O'Brien KP. Weather changes as trigger factors for asthma in children. *Ann Allergy* 1992; 68:P98.
2. O'Brien KP. Establishment of an asthma program in a large health maintenance organization. Conference Program of The First National Conference on Asthma Management. Washington, D.C., October 13, 1992. p. 64
3. O'Brien KP. Peak flow meters and step care plans. *Pharmacy Times* Nov 1992:119-123.
4. O'Brien JP, Bloom MD, Evans RL, Specker BB, Lierl MB, O'Brien KP. Intravenous theophylline provides no benefit over treatment with steroids and beta-agonists in pediatric status asthmaticus. *Clin Res* 1992;40:680A.
5. O'Brien KP, Fischer TJ. The Dutch Hypothesis revisited: recent evidence that children do not outgrow asthma. *Pediatric Asthma, Allergy & Immunology* 1993; 7:89-97.
6. Fischer TJ, O'Brien KP, Entis GN. Basic principles of therapy for allergic disease. In: Manual of Allergy and Immunology. Third Edition. (Lawlor GJ, Fischer TJ, and Adelman DC, editors), Boston, Little, Brown and Company(1994), pp 51-93.
7. O'Brien KP, Mendoza G. Peak flow meter versus symptoms. *J Allergy Clin Immunol* 1994; 94:272-273.
8. O'Brien KP. Managed care and the treatment of asthma. *J Asthma* 1995; 32:325-334.
9. McDonald RC, Shefecheck SL, Kreimer L, Howcroft M, Maile D, O'Brien KP. Anthem asthma care management initiative. *Chest* 1996; 110(suppl):34S.

10. O'Brien KP. The allergist and asthma disease management. *Immunology and Allergy Clinics of North America* 1996; 16:809-817.
11. O'Brien KP. Asthma in the managed care setting. *Curr Opin Pulm Med* 1997; 3:56-60.
12. O'Brien KP. Cost-effective paradigm for asthma care. *Strategic Medicine* Sept 1997; pp 11-16.
13. Gilmet G, O'Brien K. Defining disease management in asthma and allergy. Monograph for the American Academy of Allergy, Asthma, and Immunology, 1997.
14. O'Brien KP. Asthma management: a new paradigm. *Case Review* 1998; 3:16-18; 59-60.
15. O'Brien KP. The Asthma Patient Manual. Version 6.0, 1999.

## **Presentations**

Early Screening for Diseases in Children. Annual Meeting of the Georgia Academy of Family Physicians. Atlanta, Georgia. November 11, 1989

Diurnal Variation: Its Impact on the Use of Peak Flow Meters. First Annual Conference on The Cutting Edge of Asthma Therapy for Primary Care Providers. Atlanta, Georgia. April 11, 1992

Are Nebulizers Obsolete? MDIs, AeroChambers, and OptiHalers. First Annual Conference on The Cutting Edge of Asthma Therapy for Primary Care Providers. Atlanta, Georgia. April 11, 1992

The Dutch Hypothesis: Is the Albuterol/Theophylline Routine Hazardous? First Annual Conference on The Cutting Edge of Asthma Therapy for Primary Care Providers. Atlanta, Georgia. April 11, 1992

Peak Flow Meter Success Through Step Care Plan Development. First National Conference on Asthma Management. Washington, D.C. October 12, 1992

New Treatment Methods in Respiratory Disease. Holzer Medical Center. Gallipolis,

Ohio. November 19, 1993

Flexible Dosing for Inhaled Steroids. Cincinnati, Ohio. November 19, 1993

Education for Adults and Children with Asthma. Omni Netherland. Cincinnati, Ohio. June 9, 1994

Step Care Plans for Asthma. Good Samaritan Hospital. Cincinnati, Ohio. September 24, 1994

The Prudential Asthma Program. Austin, Texas. January 20, 1995

The Asthma Care Program. Dayton, Ohio. April 25, 1995

The Asthma Care Program. Pediatricians. Cincinnati, Ohio. April 25, 1995

The Prudential Asthma Program. Family Physicians. Columbus, Ohio. October 12, 1995

Asthma - It's Diagnosis and Treatment. Christ Hospital. Annual Meeting of CAPON (Cincinnati Area Pediatric Office Nurses). Cincinnati, Ohio. September 23, 1995

Protocol for Emergency Care of Asthma. Children's Hospital Medical Center. Cincinnati, OH. 2/8/96

Disease State Management of Asthma. Annual Meeting of the American Academy of Allergy, Asthma, and Immunology. New Orleans, Louisiana. March 17, 1996

Asthma Update: Diagnosis and Management. Grand Rounds at Children's Hospital Medical Center, Cincinnati, Ohio. October 22, 1996

Asthma Management. GCAHP (Greater Cincinnati Alliance for Health Promotion). Cincinnati, Ohio. October 30, 1996

Determining the Clinical and Cost Implications for Developing Asthma Programs "In House" vs. Partnership Arrangements. The Disease Management Congress. San Francisco, California. January 16, 1997

Current Management Techniques for Asthma Patients. Southwest Ohio Clinical Medical Assistants Meeting. Cincinnati, Ohio. January 27, 1997

Practical Approaches to Respiratory Disorders. 25th Annual American Academy of Physician Assistants Meeting. Minneapolis, Minnesota. May 27, 1997

Managing Pediatric Asthma in the Managed Care Environment. Hilton Head Island, SC. July 19, 1997

Managing Pediatric Asthma in the Managed Care Environment. Seattle, Washington. July 26, 1997

Managed Care Challenges. Cleveland, Ohio. September 6, 1997

Practical Considerations for Outpatient Care of Asthma. Washington, D.C. October 2, 1997

Will the New Asthma Guidelines Affect Outcomes in Managed Care? Grand Rounds for Howard University, Washington, D.C. October 3, 1997

Asthma Disease Management: How Far Have We Come and Where Do We Need to Go? An On-Stage Conversation. The Zitter Group. Orlando, Florida. October 23, 1997

Paying for Asthma Disease Management Programs / Reimbursement for Asthma Care. The Zitter Group. Orlando, Florida. October 23, 1997

Development of a Cost-Effective Paradigm in the Management of Asthma. American College of Allergy, Asthma, and Immunology Annual Meeting. San Diego, CA. November 9, 1997

Managed Care Health Outcomes. American Academy of Allergy, Asthma, and Immunology Annual Meeting. Washington, D.C. March 14, 1998

Disease Management Strategies American Academy of Allergy, Asthma, and Immunology Annual Meeting. Washington, D.C. March 15, 1998

Leukotriene Blockers in Asthma: Targeted Intervention. Indian Medical Society

Quarterly Meeting. March 18, 1998

Managed Care and the Treatment of Asthma. Regional Conference of the National Association of Managed Care Physicians, Inc. El Paso, Texas. April 4, 1998

Women and Asthma. Symposium on Women and Health. Columbus, Ohio. June 6, 1998

Environmental and Medical Care of Asthma. Grand Rounds, Christ Hospital, Cincinnati, Ohio. July 9, 1998

Asthma Update. Ohio Academy of Family Physicians. Cincinnati, Ohio. August 8, 1998

Disease Management of Asthma. Consultants Group. Greenbriar, West Virginia. August 30, 1998

Leukotriene Blockers in the Treatment of Asthma. Osteopathic Society of Cincinnati. Cincinnati, Ohio. September 16, 1998.

Managed Care and the Treatment of Asthma. Portsmouth, Ohio. October 6, 1998

Update on Asthma within Managed Care. Claremont County Medical Society. October 21, 1998

How to Make Disease Management Work in Your Private Practice. American College of Allergy, Asthma, and Immunology Annual Meeting. Washington, DC. November 6, 1998

Population Disease Management for Asthma. Ohio Association of Health Plans. Columbus, Ohio. November 11, 1998

Asthma Update: The Leukotriene Blockers. Fifth Annual Respiratory Care Symposium. The Medical College of Ohio. Toledo, Ohio. November 19, 1998

Managed Care Outcomes for Asthma. American Academy of Allergy, Asthma, and Immunology Annual Meeting. Orlando, Florida. March 2, 1999.

Asthma Outcomes: The Role of Leukotriene Blockers. American Association of Health Plans Annual Meeting. San Francisco, California. June 21, 1999

Update on Asthma Management for Primary Care. Cincinnati, Ohio. August 11, 1999

New Trends in the Treatment of Asthma. Columbus Allergy Association. Columbus, Ohio. October 21, 1999

Update on Asthma Outcomes. American College of Allergy, Asthma, and Immunology Annual Meeting. San Diego, California. November 15, 1999

Why Does the NAEPP Recommend Peak Flow Monitoring? Association of Respiratory Therapists Annual Meeting Las Vegas, Nevada. December 15, 1999

Population-Based Disease Management of Asthma. American Academy of Allergy, Asthma, and Immunology Annual Meeting. San Diego, California. March 5, 2000

Update on Asthma Therapy. Cleveland, Ohio. April 29, 2000

Adherence to Asthma Therapy. Seattle, WA. May 20, 2000

Pharmacoeconomic Approach to the Treatment of Asthma in a Managed Care Setting. Seattle, WA. May 20, 2000

Compliance with Asthma Medication. Seattle, WA. May 20, 2000

Measuring Outcomes for Asthma Therapy. Respiratory Masters Conference. Savannah, Georgia. June 9, 2000

Asthma Management 2000. Anthem BC/BS Pharmacy CME Conference. Cincinnati, Ohio. July 21, 2000.

New Therapy for Asthma Care. Dayton, Ohio. January 25, 2001

Asthma and Allergic Rhinitis: Connecting Common Pathways. Cleveland, Ohio April 25, 2001

Asthma and Allergic Rhinitis: Connecting Common Pathways. Houston, Texas. May 7, 2001

Asthma and Allergic Rhinitis: Connecting Common Pathways. St. Louis, Missouri.

May 17, 2001

Barriers to Asthma Management. Annapolis, Maryland

Asthma Update. Tri-Care Mid-Atlantic Regional Conference. Norfolk, Virginia.  
May 22, 2001

New Directions in the Treatment of Asthma. Cincinnati, Ohio. August 13, 2001.

Preventative Strategies in the Treatment of Asthma. Dayton, Ohio. October 4, 2001.

Asthma Controller Therapy: Top Ten Lessons from the Past Twenty Years.  
Albuquerque, NM. January 23, 2002

Multiple Controller Therapy for Additional Asthma Control. Cleveland, Ohio.  
February 20, 2002

New International Guidelines for Asthma. Toledo, Ohio. April 4, 2002

Treatment Options for Persistent Asthma. Vienna, WV. April 30, 2002

Inhaled Corticosteroids and Leukotriene Modifiers. Columbus, OH. May 21, 2002

Role of Medication Compliance in Successful Asthma Therapy. Columbus, OH.  
August 13, 2002

Asthma Choices: Medication Treatment Options. Springfield, OH. September 17,  
2002.

NHLBI Guideline Update for Asthma. Charleston, WV. September 19, 2002.

Persistent Asthma: Choosing the Best Treatment Option. Coshocton, Ohio.  
September 24, 2002.

Treatment Choices for Persistent Asthma. Portsmouth, OH. October 10, 2002

Treatment Choices for Persistent Asthma. Athens, OH. November 15, 2002

Update on Treatment Options for Persistent Asthma. Toledo, OH. December 12,  
2002.

Treatment Options for Persistent Asthma, Cincinnati, OH. January 10, 2003.

New Directions in the Treatment of Seasonal Allergic Rhinitis, Evendale, OH, February 4, 2003

Understanding the Role of Leukotrienes in Respiratory Disease, Columbus, OH, February 26, 2003

Understanding the Role of Leukotrienes in Respiratory Disease, Oxford, OH, March 12, 2003

New Directions in the Treatment of Seasonal Allergic Rhinitis, Lexington, Kentucky, April 7, 2003

Treatment Options for Persistent Asthma, Barboursville, West Virginia, April 11, 2003

New Directions in the Treatment of Seasonal Allergic Rhinitis, Portsmouth, Ohio, May 5, 2003

Treatment Options for Persistent Asthma, Cincinnati, OH, June 10, 2003

New Directions in the Treatment of Seasonal Allergic Rhinitis, Vienna, West Virginia, June 17, 2003

Effectively Managing Patients with Seasonal Allergic Rhinitis, Scottsdale, AZ, April 24, 2004

Update on Management of Allergic Rhinitis and Asthma, Idaho Falls, ID, June 10, 2004

Asthma and Allergy Update, Grand Rounds, Parker Adventist Hospital, Denver, CO, Sept 21, 2004

Moderate Persistent Asthma: When Patients Require Additional Maintenance Medications, Polson, MT, November 8, 2004

Assessing the Allergic Component of Asthma, Olivehurst, CA, November 30, 2004

Asthma Guidelines, Pediatric Grand Rounds, Sky Ridge Medical Center, Denver, CO, January 11, 2005

Asthma Update, Medicine Grand Rounds, Sky Ridge Medical Center, Denver, CO, June 7, 2005

Treatment Options for Persistent Asthma, Cincinnati, OH, June 10, 2003

New Directions in the Treatment of Seasonal Allergic Rhinitis, Vienna, West Virginia, June 17, 2003

Effectively Managing Patients with Seasonal Allergic Rhinitis, Scottsdale, AZ, April 24, 2004

Update on Management of Allergic Rhinitis and Asthma, Idaho Falls, ID, June 10, 2004

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Moderate Persistent Asthma: When Patients Require Additional Maintenance Medications, Polson, MT, November 8, 2004

Assessing the Allergic Component of Asthma, Olivehurst, CA, November 30, 2004

Asthma Guidelines, Pediatric Grand Rounds, Sky Ridge Medical Center, Denver, CO, January 11, 2005

Asthma Update, Medicine Grand Rounds, Sky Ridge Medical Center, Denver, CO, June 7, 2005

Asthma and Allergy Update, Ohio Valley Medical Center Conference, Wheeling, WV, September 29, 2005

Assessing the Allergic Component of Asthma, San Antonio, TX, October 4, 2005

Adult and Pediatric Asthma Update, Family Practice/Internal Medicine/Pediatrics CME Meeting, Swedish Medical Center, October 11, 2005

Asthma and Allergy Update, Ohio Valley Medical Center Conference, Wheeling, WV, September 29, 2005

Assessing the Allergic Component of Asthma, San Antonio, TX, October 4, 2005

Adult and Pediatric Asthma Update, Family Practice/Internal Medicine/Pediatrics CME Meeting, Swedish Medical Center, October 11, 2005

Asthma and Allergy Update, Grand Rounds, St Cloud Hospital, September 22, 2006

## **Major Projects**

Developer and Director of The Southeast Kaiser Permanente Comprehensive Asthma Therapy Program 1989-1991.

Developer of Asthma 1-2-3-4, a Medicaid asthma program, Children's Hospital, Cincinnati (1992)

Developer of The Prudential HealthCare Asthma Program (1992-1996)

Developer of The Asthma Co-Management Program (1994-2000)

Developer of The Healthy Choice Asthma Care Program. Anthem Blue Cross/Blue Shield in Ohio, Kentucky, and Indiana (1995-1999)

Producer of The Great War on Asthma (physician education video).

Consultant for ZAP Asthma (Atlanta Community Asthma Program)

Consultant, American Lung Association Task Force on Asthma, 1997

Producer of Disease Management Blues (physician education video).

Developer of the Anthem Alliance Asthma Program (Indiana)

Developer of the Humana / Choice Care Asthma Program

Developer of the Exam Room Network (ERN) [a national patient education TV network]

Developer of Personal Video Symposium [interactive physician education videos delivered by CDROM]

Developer of the Colorado Asthma Guidelines (Colorado Clinical Guidelines Collaborative)