

Title of Intervention: Counseling to Reduce Environmental Tobacco Smoke Exposure

Intervention Strategies: Supportive Relationships, Individual Education

Purpose of the Intervention: To reduce environmental tobacco smoke exposure among children with asthma

Population: Families with at least one parent who smokes and a child with asthma

Setting: Participants' homes and counselors' office in San Diego; home-based, health care facility-based

Partners: Pediatric allergy medical centers

Intervention Description:

- Supportive Relationships: The parent and child combinations in the intervention group attended a series of counseling sessions designed to reduce the child's exposure to parental smoking.
- Individual Education: Between counseling sessions, diaries were kept to record parent smoking, child environmental tobacco smoke exposure, children's peak flow readings and children's symptoms. This information was used to provide the parent with advice about how to reduce environmental tobacco smoke exposure.

Theory: Social Cognitive Theory

Resources Required:

- Staff/Volunteers: Counselors
- Training: Not mentioned
- Technology: Not mentioned
- Space: Homes, counselor's office
- Budget: Not mentioned
- Intervention: Diaries
- Evaluation: Environmental monitor

Evaluation:

- Design: Randomized clinical trial
- Methods and Measures:
 - Environmental tobacco smoke monitor measured air quality
 - Diaries recorded smoking behavior and asthmatic symptoms

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: The intervention group had a significant decrease in children's environmental tobacco smoke exposure. After a year, only the intervention group sustained a decrease in children's environmental tobacco smoke exposure.

Maintenance: Not mentioned

Lessons Learned: Parent education on the effects of tobacco smoke on children with asthma is very effective in reducing the child's exposure to smoke.

Citation(s):

Hovell, M. F., S. B. Meltzer, et al. (1994). "Reduction of environmental tobacco smoke exposure among asthmatic children: a controlled trial." *Chest* 106(2): 440-6.