

Title of Intervention: Computer Education for Dust Mite Reduction

Intervention Strategies: Individual Education

Purpose of the Intervention: To reduce dust mite exposure of people with asthma

Population: Adults with asthma

Setting: Health care provider's office; health care facility-based

Partners: None mentioned

Intervention Description:

- Individual Education: The intervention group received an interactive, self-paced computer program. Topics included encasing mattresses, box springs and pillows, removing carpeting and upholstered furniture, laundering bedding in hot water and controlling indoor temperature and humidity.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Facilitators
- Training: Not mentioned
- Technology: Computer
- Space: Meeting space
- Budget: Not mentioned
- Intervention: Computer program, educational materials
- Evaluation: Surveys

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Surveys assessed adherence.
 - In-home measurements were conducted of dust mites.

Outcomes:

- Short Term Impact: Adherence and the number of observed and self-reported mite-avoidance measures implemented was higher for the intervention group. The intervention group achieved significantly lower levels of mite allergens in bedroom carpets.
- Long Term Impact: The computer-instructed group was significantly less symptomatic.

Maintenance: Not mentioned

Lessons Learned: Conventional instruction supplemented with computer instruction is beneficial for mite education.

Citation(s):

Huss, K., E. N. Squire, Jr., et al. (1992). "Effective education of adults with asthma who are allergic to dust mites." *J Allergy Clin Immunol* 89(4): 836-43.