Title of Intervention: Medical Indoor Environment Counseling

Intervention Strategies: Supportive Relationships

Purpose of the Intervention: To reduce exposure of asthma patients to dust mites

Population: Child and adult patients with a history of asthma and/or rhinitis

Setting: Health care facility-based

Partners: None mentioned

Intervention Description:
- Supportive Relationships: All patients were counseled by their physician about mite allergen avoidance in the home. Those in the intervention group received advice from the medical indoor environment counselor as well.

Theory: Not mentioned

Resources Required:
- Staff/Volunteers: Health care providers, medical indoor environment counselors
- Training: Not mentioned
- Technology: Not mentioned
- Space: Private area for counseling
- Budget: Not mentioned
- Intervention: Not mentioned
- Evaluation: Questionnaire

Evaluation:
- Design: Randomized prospective study
- Methods and Measures:
  - Mite allergen levels were measured on mattresses, mattress bases and floors.

Outcomes:
- Short Term Impact: Compliance for changing the mattress bases, removing or treating the carpets, washing duvets, pillows and stuffed animals were significantly higher in the intervention group than the control group. A significant decrease in mite allergen was obtained for the intervention group in mattress bases and in carpets.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: The use of Medical Indoor Environment Counselors and doctors helped to increase compliance with mite-allergen avoidance.

Citation(s):