Title of Intervention: Open Airways for Schools

Website: http://www.lungusa.org/lung-disease/asthma/in-schools/open-airways/open-airways-for-schools-1.html

Intervention Strategies: Group Education, Supportive Relationships, Individual Education, Environments and Policies

Purpose of the Intervention: To increase knowledge of asthma and treatments and improve self-management in children with asthma

Population: Elementary school children with asthma

Setting: Elementary schools in Detroit, MI; school-based

Partners: School administrators

Intervention Description:

- Group Education: The program elements included the "Open Airways for Schools" disease management training for children adapted to local needs. The Open Airways program consisted of six 45-minute sessions offered once per week. Small groups of children learned new asthma management skills. The session topics include basic information about asthma, how to recognize and respond to asthma symptoms, using asthma medication and deciding when to seek help, how to keep physically active, identifying and controlling triggers to minimize asthma symptoms and handling problems related to asthma and school. The curriculum incorporated an interactive teaching approach using group discussions, stories, games and role-play to promote children's active involvement in the learning process. The program focused on the child's independent actions as self-managers, emphasizing the child's responsibility for recognizing asthma symptoms and initiating a plan on action.

- Supportive Relationships: Children without asthma learned to develop empathy for children with asthma and enhanced their understanding of asthma. Children with asthma were asked to work on intervention homework assignments with their parents. Parents were invited to a question and answer session. School principals and counselors were oriented to asthma and control strategies. Janitors were given suggestions regarding potential environmental triggers to asthma symptoms and practical means of fixing them.

- Individual Education: Tailored asthma action plans were developed for each child.

- Environments and Policies: The school requested that children with asthma provide a copy of their asthma action plan.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Facilitators
- Training: Not mentioned
- Technology: Not mentioned
- Space: Classroom
- Budget: Not mentioned
- Intervention: Open Airways for Schools curriculum, handouts, homework assignments, asthma action plans
- Evaluation: Questionnaire, interview protocol, access to schools records

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
  - Telephone interviews assessed asthma symptoms and management.
  - Review of schools records determined number of absences and grades.
Outcomes:
- Short Term Impact: Not measured
- Long Term Impact: The intervention group experienced a significant decline in daytime symptoms, increase in parental asthma management and decrease in school absenteeism. Only children with severe asthma showed a decrease in nighttime symptoms.

Maintenance: Not mentioned

Lessons Learned: Programs provided periodically over the course of elementary school, as children mature and new challenges arise, may help them and their families manage the disease.

Citation(s):


Additional examples of this intervention:
