Title of Intervention: Self-Management Education and Counseling for Adults

Intervention Strategies: Individual Education, Supportive Relationships

Purpose of the Intervention: To improve self-management of asthma

Population: Adults with asthma

Setting: University Medical Center; health care facility-based

Partners: Hospital administrators

Intervention Description:

- Individual Education: Participants received a skill-oriented, self-help workbook. The self-management program concentrated on increasing cognitive skills, creating positive attitudes, enhancing adherence and helping develop effective social support. The workbook was intended for at-home use. It contained seven sections designed to provide basic information that participants needed to improve their self-management practices. This information was supplemented by material on related topics, such as stress management, social support, health education methodology and factors that influence adherence to treatment regimens.

- Supportive Relationships: Participants received a one-hour, one-on-one counseling sessions conducted by a health educator. During this session, the patient received a peak flow meter. Participants were encouraged to attend an asthma support group with a counselor. Telephone calls from the health educator were made two and four weeks following the support group meeting to encourage and enhance the self-management

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Health educators
- Training: Health educators received training in intervention protocol
- Technology: Not mentioned
- Space: Meeting space
- Budget: Not mentioned
- Intervention: Peak flow meters, educational materials, self-help workbook
- Evaluation: Questionnaires

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
  - Questionnaires assessed medication adherence, asthma symptoms and characteristics and health care utilization.

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: Self-management patients had substantially better adherence and improved functional status at follow-up. Hospital and ER visits decreased in both groups but not differ between groups.

Maintenance: Not mentioned

Lessons Learned: Use of a self-management program in facilitating the treatment of adult asthma is beneficial.

Citation(s):