Title of Intervention: Education and Support for Adults with Asthma

Intervention Strategies: Individual Education

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

Population: Adults with asthma

Setting: University based comprehensive Pulmonary Medicine Clinic; health care facility-based

Partners: None mentioned

Intervention Description:
- Individual Education: Participants received a 30-minute, one-on-one session with a health education specialist. They were taught how to use a peak flow meter and inhaler skills and were given a Self-Guide to Asthma Control.
- Supportive Relationships: Participants attended an asthma support group session and received two telephone reinforcement calls.

Theory: Not mentioned

Resources Required:
- Staff/Volunteers: Health education specialist
- Training: Not mentioned
- Technology: Not mentioned
- Space: Meeting space
- Budget: Not mentioned
- Intervention: Self-Guide to Asthma Control, peak flow meter, inhaler
- Evaluation: Observational checklist, assessment form

Evaluation:
- Design: Randomized controlled trial
- Methods and Measures:
  - Medical and behavioral assessments tested correct inhaler use, inhaler adherence, medication adherence and total adherence rating.
  - Observational checklists documented inhaler use and skills.

Outcomes:
- Short Term Impact: There were significant improvements for the intervention group in inhaler skills use, inhaler adherence, medication adherence.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: High recruitment confirmed that adults with asthma are interested in taking an active role in their self-management and will participate in a health education program integrated into routine asthma care.

Citation(s):