

**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):**

Windsor RA, Bailey WC, Richards JM, Jr., Manzella B, Soong SJ, Brooks M. Evaluation of the efficacy and cost effectiveness of health education methods to increase medication adherence. Am J Public Health. Dec 1990;80(12):1519-1521.