Title of Intervention: Group Exercise Program for Children

Intervention Strategies: Group Education, Individual Education

Purpose of the Intervention: To improve physical condition and coping in children with asthma

Population: Children ages 8-13 with asthma

Setting: Gymnasium and in the home; community-based, home-based

Partners: None mentioned

Intervention Description:
- Group Education: The physical exercise program consisted of group exercises twice a week for one hour in a gymnasium. The lessons in the gymnasium started with 10 minutes warming-up, followed by 20 minutes of fitness training and 15-20 minutes of different physical activities. Before or after the exercise, explanation and information was given to the child about asthma and exercise to improve coping behavior with asthma.
- Individual Education: The participants had one 20-minute exercise session per week at home. Preventive medication was taken before training as prescribed by the child's pediatrician.

Theory: Not mentioned

Resources Required:
- Staff/Volunteers: Instructors
- Training: Not mentioned
- Technology: Not mentioned
- Space: Gymnasium, participants' homes
- Budget: Not mentioned
- Intervention: Exercise routines
- Evaluation: Exercise tests, interview protocol, questionnaire

Evaluation:
- Design: Randomized controlled trial
- Methods and Measures:
  - Maximum incremental exercise tests measured integrated flow, gas concentrations and heart rate.
  - Endurance tests were done on a treadmill.
  - A Self-Perception Profile for Children measured perceived competence.
  - An Asthma Coping Test for children 8-13 years was conducted.
  - Parent and child interviews assessed their experiences with the program, how the child was doing during and after the program and their opinion of the program.

Outcomes:
- Short Term Impact: The results showed significant effects of the intervention program on physical condition, including maximal workload, endurance and heart rate. There was also a significant positive effect on coping with asthma.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: Children with asthma should be encouraged to engage in life-time sports and exercise.

Citation(s):