

**Title of Intervention:** School Health Clinic Education for Children with Asthma and Parents

**Intervention Strategies:** Individual Education, Group Education

**Purpose of the Intervention:** To increase parent and child knowledge of asthma treatments and improve the quality of life

**Population:** Children with asthma, their parents and staff in a low-income urban Minneapolis schools

**Setting:** School-based health clinic; school-based, health care facility-based

**Partners:** Children's hospital

**Intervention Description:**

- Individual Education: Parental knowledge about asthma was assessed and individualized information about asthma management, medications and environmental control was provided through individual sessions with a health educator. A symptom control plan was developed for children without a plan. Clinic staff tried to identify a primary care physician for every child and encouraged families to have regular asthma checkups.
- Group Education: Asthma education sessions were conducted at the school for students and parents. Inhaler techniques were stressed and peak flow meters were provided. Health center staff conducted in-service trainings for teachers and staff.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Health clinic staff
- Training: Not mentioned
- Technology: Not mentioned
- Space: School health clinic
- Budget: Not mentioned
- Intervention: Educational materials, symptom control plan, peak flow meters
- Evaluation: Survey

**Evaluation:**

- Design: Longitudinal Cohort
- Methods and Measures:
  - Surveys assessed treatment, use of peak flow meters and hospitalizations.

**Outcomes:**

- Short Term Impact: Use of peak flow meters, asthma care plans and inhalers improved.
- Long Term Impact: Hospitalization rates for asthma decreased. Outpatient visits for care in the absence of asthma symptoms doubled. The percentage of students seeing a specialist for asthma increased.

**Maintenance:** Not mentioned

**Lessons Learned:** Elementary school health centers may be an effective way to identify children with asthma and provide education, family support and clinical care to these children.

**Citation(s):**

Lurie, N., E. J. Bauer, et al. (2001). "Asthma outcomes at an inner-city school-based health center." J Sch Health 71(1): 9-16.