

Title of Intervention: Parent Education on Asthma

Intervention Strategies: Individual Education, Group Education

Purpose of the Intervention: To increase knowledge about asthma and improve quality of life for children with asthma and their parents

Population: Parents and primary caregivers of children with asthma

Setting: Pediatrician's office, participants' homes; health care-facility based, home-based

Partners: None mentioned

Intervention Description: Participants were randomly assigned to 4 groups: one-on-one sessions with a needs assessment, one-on-one sessions without a needs assessment, small group sessions and a home-based video group.

- Individual Education: The group that received one-on-one sessions with a needs assessment was able to have an education program tailored to their needs. Parents who were allocated to the home-based video group received two free educational videotapes, made by pharmaceutical companies. The videotapes contained the same information as that in the face-to-face education sessions.
- Group Education: Small group sessions were held with 4 or 5 families and covered the same information as the individual sessions.

Theory: PRECEDE Model

Resources Required:

- Staff/Volunteers: Instructors
- Training: Not mentioned
- Technology: Equipment to play video
- Space: Meeting spaces
- Budget: Not mentioned
- Intervention: Educational video, educational information, needs assessment
- Evaluation: Questionnaire

Evaluation:

- Design: Quasi-experimental design with random allocation
- Methods and Measures:
 - Questionnaires assessed children's asthma severity, morbidity, parental attitudes and beliefs, parent's asthma knowledge and parent's locus of control.

Outcomes:

- Short Term Impact: The parents in the one-on-one education session had the greatest increase in knowledge of all the groups. Only in the one-on-one groups were the changes sustained at the 12-month evaluation.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: The results showed that any method of education increased parent asthma knowledge and immediately decreased their anxiety and child asthma morbidity scores.

Citation(s):

Liu, C. and C. Feekery (2001). "Can asthma education improve clinical outcomes? An evaluation of a pediatric asthma education program." J Asthma 38(3): 269-78