

**Title of Intervention:** Individual Education for Adults with Asthma

**Intervention Strategies:** Individual Education

**Purpose of the Intervention:** To increase knowledge of asthma and improve the quality of life for people with asthma

**Population:** Adults with asthma

**Setting:** Hospitals; health care facility-based

**Partners:** None mentioned

**Intervention Description:**

- Individual Education: The intervention group participants were invited to attend a one-hour consultation with a nurse. Participants' asthma control and management were assessed followed by education on recognition and self treatment of episodes of asthma. Participants were taught to step-up medication when they recognized uncontrolled asthma using peak expiratory flow or symptoms. The advice was in accordance with national guidelines. Prescriptions were obtained from one of the doctors in the clinic or by providing the patient with a letter to his/her general practitioner. Participants with severe asthma were referred immediately to a consultant.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Nurse
- Training: Not mentioned
- Technology: Not mentioned
- Space: Meeting space
- Budget: Not mentioned
- Intervention: Assessment forms, national guidelines, prescription forms or letters
- Evaluation: St. George's Respiratory Questionnaire, symptom diaries, peak flow meter

**Evaluation:**

- Design: Randomized controlled trial
- Methods and Measures:
  - The St. George's Respiratory Questionnaire assessed understanding and usefulness of instruction.
  - Peak expiratory flow and symptom diaries were assessed.

**Outcomes:**

- Short Term Impact: Not measured
- Long Term Impact: The intervention group significantly increased its use of inhaled topical steroids rescue medications in severe attacks compared to the control group.

**Maintenance:** Not mentioned

**Lessons Learned:** Hospital-based specialist nurses reduced asthma morbidity by improving patient self-management behavior in acute attacks leading to reduced symptoms, improved lung function, less time off work and fewer consultations with health professionals.

**Citation(s):**

Levy, M. L., M. Robb, et al. (2000). "A randomized controlled evaluation of specialist nurse education following accident and emergency department attendance for acute asthma." *Respir Med* 94(9): 900-8.