

Title of Intervention: Grampian Asthma Study of Integrated Care (GRASSIC)

Intervention Strategies: Individual Education

Purpose of the Intervention: To increase asthma knowledge for people with asthma

Population: People over the age of 16 with asthma

Setting: Hospitals and participants' homes; health care facility-based and home-based

Partners: Outpatient clinics and general practices

Intervention Description:

- Individual Education: Participants in the intervention group received four printed booklets on asthma management covering regular control and action in acute episodes. The booklets were individualized for each patient based on an assessment. The first booklet was given to participants at their clinic appointment, and the other three were mailed at monthly intervals. A questionnaire with each booklet asked patients to rate the newness, readability and usefulness of each section of the booklet. The participants either answered the questions in the booklet or when they went to their next clinical visit.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Educator
- Training: Not mentioned
- Technology: Not mentioned
- Space: Meeting space
- Budget: Not mentioned
- Intervention: Informational booklets, assessment form, postage
- Evaluation: Questionnaire

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Health care providers recorded the number of prescriptions given for bronchodilators and inhaled steroids, use of oral steroids and general practitioner consultations for asthma.
 - Questionnaires assessed usefulness and effectiveness of the educational materials.

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: Participants in the intervention group had fewer hospital admittances. Participants in the intervention group who had sleep variance had significantly fewer sleepless nights than the control group. There were no significant differences for days of restricted activity, prescription of inhaled steroids, use of oral steroids or number of practitioner consultations.

Maintenance: Not mentioned

Lessons Learned: Patients prefer information on managing asthma attacks, breathing techniques and the drug they have been prescribed for control of asthma. Written information on managing asthma can be delivered to large numbers of patients in personalized booklets by using existing database and mail merge software.

Citation(s):

Osman, L. M., M. I. Abdalla, et al. (1994). "Reducing hospital admission through computer supported education for asthma patients. Grampian Asthma Study of Integrated Care (GRASSIC)." *Bmj* 308(6928): 568-71.