

Title of Intervention: Pharmacy Asthma Care Program

Intervention Strategies: Provider Education, Individual Education

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

Population: Adults with asthma and pharmacists

Setting: Community pharmacies throughout the Northwest Territories of Canada; health care facility-based

Partners: Community pharmacists

Intervention Description:

- **Provider Education:** Pharmacists were provided a home-study educational booklet and video to be completed before the seminar. They attended a one-day seminar that included a brief overview of asthma, hands-on demonstrations of asthma devices, case studies and tips on how to be an effective facilitator.
- **Individual Education:** Participants with asthma were given one-on-one education sessions with their pharmacist. The pharmacists used a standard questionnaire to guide a 20-minute discussion and to gather data. Participants were asked to bring their medications and devices so that they could be trained in their appropriate use. A standardized step-by-step device checklist was used to assess technique. Pharmacists highlighted problems identified by the questionnaire and suggested individual solutions to each patient where necessary. Participants were given an Asthma Plan personalized to their medications. They were also given instructions for their inhalation devices, metered-dose inhaler and peak flow meter.

Theory: Not mentioned

Resources Required:

- **Staff/Volunteers:** Pharmacists
- **Training:** Not mentioned
- **Technology:** Not mentioned
- **Space:** Pharmacy, meeting space
- **Budget:** Not mentioned
- **Intervention:** Educational materials for participants and pharmacists, video, asthma action plan
- **Evaluation:** Not mentioned

Evaluation:

- **Design:** Cohort
- **Methods and Measures:**
 - Telephone follow up questionnaires assessed wheezing episodes or other symptoms per week, the number of night-time awakenings per week and the frequency of use of reliever and preventive medications.

Outcomes:

- **Short Term Impact:** Not measured
- **Long Term Impact:** Participants reported significant decreases in the frequency of daytime asthma symptoms, the frequency of nocturnal symptoms and the frequency with which rescue medications were used, while reporting significant increases in their use of preventive medication.

Maintenance: Not mentioned

Lessons Learned: A brief assessment and an educational intervention in the community pharmacy can produce significant short term improvements in patient-reported symptom control and appropriate self-management behavior.

Citation(s):

Diamond, S. A. and K. R. Chapman (2001). "The impact of a nationally coordinated pharmacy-based asthma education intervention." *Can Respir J* 8(4): 261-5.