

Title of Intervention: Individual and Group Education for Self-Management of Asthma

Intervention Strategies: Individual Education, Group Education

Purpose of the Intervention: To improve self-management of asthma

Population: Adults with asthma

Setting: Community in Ohio; community-based, home-based, health care facility-based

Partners: None mentioned

Intervention Description:

- Individual Education: During the intervention period, patients in the individualized self-management condition kept a daily record of the following information: morning and afternoon asthma attacks, morning and afternoon peak expiratory flow rate scores and contact with at least 18 common asthma triggers. The self-management program then received a one-on-one session. The discussions included use of peak expiratory flow rates as an early warning sign for asthma onset and methods for avoiding triggers. In addition, participants whose asthma was related to emotion received an audio tape of progressive relaxation instructions.
- Group Education: The intervention for patients in the group self-management condition consisted of the Wheezers Anonymous Program, an adult program derived from two pediatric asthma self management programs: Living with Asthma and the Family Asthma Program. The Wheezers Anonymous Program outlined general recommendations for the control of asthma through the use of standardized video and audio materials and discussions facilitated by a group leader. It included peak flow monitoring and required attendance at two sessions, each of which was approximately 2.5 hours in length.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Facilitators
- Training: Not mentioned
- Technology: Equipment to play audio tapes
- Space: Meeting space
- Budget: Not mentioned
- Intervention: Educational materials, peak flow meters, diaries, audio tapes,
- Evaluation: Not mentioned

Evaluation:

- Design: Experimental
- Methods and Measures:
 - Diaries recorded frequency of morning and afternoon asthma attacks, morning and afternoon peak expiratory flow rate, activity limitations and visits to emergency care facilities.

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: Improvements in patients in both the individualized and the group interventions were made in morning peak expiratory flow rate. For asthma attack frequency, only patients in the individualized self-help intervention had improvements.

Maintenance: Not mentioned

Lessons Learned: A personalized program could be offered by providers to individuals willing to record asthma-related events during a period of several months. Individualized interventions have several advantages over group interventions, including convenience of appointment times and personalization to the individual.

Citation(s):

Kotses, H., C. Stout, et al. (1996). "Evaluation of individualized asthma self-management programs." *J Asthma* 33(2): 113-8.