

Title of Intervention: Pharmacist-Led Education and Counseling for Children with Asthma

Intervention Strategies: Group Education

Purpose of the Intervention: To improve asthma understanding through counseling, demonstration, and sharing of families' experiences

Population: Children ages 17 and under with a history of respiratory illness and their parents

Setting: Pharmacies in Kingston, NY; health care facility-based

Partners: Community pharmacists

Intervention Description:

- Group Education: Participants received an educational program that consisted of three sections; a slideshow, a demonstration session, and a question and answer session where participants shared their experiences with asthma. Children received coloring and activities booklets while parents received reference and product information sheets. The slide show component of the program explained the etiology, pathophysiology and treatment of asthma with both medication and non-medication techniques. It also included basic information for recognizing symptoms and knowing when and how to seek help for this medical emergency. The show was developed using many resources including information from the American Lung Association, The National Heart, Lung and Blood Institute and the Schering Guidelines for Diagnosing and Managing Asthma. Areas of misunderstanding identified from initial questionnaires were also addressed during this presentation such as the "as needed" or use of inhaled corticosteroids. During this portion of the program, children were given the opportunity to separate from their parents and view a video program provided by the American Lung Association depicting the ill effects of smoking on our health and the environment. During the demonstration portion of the educational program, participants were shown the appropriate use and purpose of metered dose inhalers, nebulizers, several spacer chambers, peak flow meters, and powdered capsule inhalers. The question and answer session allowed participants to share their experiences with asthma and how they have handled difficult situations. Parents discussed what they did to get their child to sit still for a nebulizer treatment or what to do when their child's gym teacher would not recognize their disability. Children discussed what it was like to have to take medications at school and how it felt to be left out because of their illness.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Facilitators
- Training: Not mentioned
- Technology: Equipment for slide show and video
- Space: Meeting space
- Budget: Not mentioned
- Intervention: Educational material, slide show, video, nebulizers, inhalers, peak flow meters, spacer inhalers
- Evaluation: Questionnaires

Evaluation:

- Design: Pre- and Post-Test
- Methods and Measures:
 - Questionnaires: determined if the information presented during the education program improved participants understanding about asthma, whether they retained this information on a short term basis, and if they were satisfied with the information or knowledge gained from the program

Outcomes:

- Short Term Impact: After the intervention, it appeared that the participants generally had better perceptions and knowledge about asthma-related topics. After the intervention all families reported knowledge concerning safe and effective medication use.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: Simple asthma education can greatly improve children and their family's knowledge and confidence in managing asthma.

Citation(s):

Hunter, K. A. and B. G. Bryant (1994). "Pharmacist provided education and counseling for managing pediatric asthma." *Patient Educ Couns* 24(2): 127-34.