

Title of Intervention: Home-Based Asthma Education for Latino Families

Website: <http://www.aafa.org/display.cfm?id=4&sub=79&cont=433>

Intervention Strategies: Individual Education, Supportive Relationships

Purpose of the Intervention: To increase knowledge of asthma and improve quality of life for Latino children with asthma and their families

Population: Latino families who have a child with asthma and a smoker living in the home

Setting: Participants' homes in San Diego County, CA; home-based

Partners: None mentioned

Intervention Description:

- Individual Education: The curriculum was adapted from the Georgetown University program "You Can Control Asthma" written for a low literacy level. Bilingual Latino asthma educators held sessions in participants' homes at the family's convenience. The sessions were held in Spanish, English or both, depending on the family's preference. Cultural tailoring occurred in the following domains: improving communication and assertiveness with medical providers, presenting asthma recommendations without refuting alternative health beliefs, addressing father's lack of involvement in child's health and improving translation of disease terminology and symptom definitions from English to Spanish words and phrases. The asthma education curriculum included the three-zone medicine plan (red-yellow-green) and asthma diary.
- Supportive Relationships: Families were given a medicine plan form and encouraged to take the form with them to their next clinic visit to work out a stepped treatment plan for the child, based on the red-yellow-green approach.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Bilingual educators
- Training: Educators received training from a specialist in the field of Latino acculturation
- Technology: Peak flow meters
- Space: Homes
- Budget: Not mentioned
- Intervention: Peak flow meters, curriculum, asthma diary, three zone treatment plan
- Evaluation: Knowledge quiz, interviewer

Evaluation:

- Design: Pre- and post-test, cohort
- Methods and Measures:
 - Interviewers administered an asthma knowledge quiz.
 - Interviewers observed and recorded responses on a standardized checklist for asthma triggers and controllers in the child's sleeping area.

Outcomes:

- Short Term Impact: There was a significant increase in asthma management knowledge and number of controllers and a reduction in asthma triggers in the child's bedroom.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: The minimal educational intervention increased knowledge and prompted initial action for improvement of the ecology of the child's sleeping area.

Citation(s):

Jones, J. A., D. R. Wahlgren, et al. (2001). "Increasing asthma knowledge and changing home environments for Latino families with asthmatic children." *Patient Educ Couns* 42(1): 67-79.