

Title of Intervention: Australian Six-Step Asthma Management Plan

Website: <http://www.nationalasthma.org.au/html/management/ebr/index.asp>

Intervention Strategies: Provider Education, Individual Education

Purpose of the Intervention: To increase knowledge of asthma and treatments and improve quality of life

Population: People with asthma over the age of 12 and their pharmacists

Setting: Community pharmacies in Australia; health care facility-based

Partners: Division of General Practice, asthma educators at the local hospital

Intervention Description:

- **Provider Education:** The six step plan consisted of the following factors: assessment of participant's asthma severity, achievement of best lung function, maintenance of best lung function through avoidance of triggers, maintenance of best lung function through optimal medications, provision of a written action plan and education and regular review. Self-study manuals addressing these six steps were prepared and sent to pharmacists. Following a period of self-study, pharmacists were invited to attend a two-day workshop. During the intervention, a participant file with four designated visits was provided to the pharmacists.
- **Individual Education:** Participants received one-on-one sessions from their pharmacist on an appointment basis. The content and goals were individually tailored to each participant. Diaries designed for peak flow and medication usage records were provided to participants and completed by them for 15 days before each visit. Participants brought their medication and devices for a device usage assessment at each visit.

Theory: Theory of Adult Learning

Resources Required:

- **Staff/Volunteers:** Educators, pharmacists
- **Training:** Not mentioned
- **Technology:** Not mentioned
- **Space:** Meeting space
- **Budget:** Not mentioned
- **Intervention:** Six-Step Asthma Management Plan, self-study manuals, visit plans, diaries, medication usage records
- **Evaluation:** Questionnaires

Evaluation:

- **Design:** Cohort
- **Methods and Measures:**
 - Questionnaires assessed asthma outcomes, knowledge and quality of life.

Outcomes:

- **Short Term Impact:** There was a statistically significant improvement in perceived control of asthma and asthma-related knowledge scores in the intervention group compared with the control group.
- **Long Term Impact:** There was a significant reduction in asthma severity in the intervention group. There was also a significant reduction in the defined daily dose of albuterol used by participants.

Maintenance: Not mentioned

Lessons Learned: A specialized asthma care model offers community pharmacists an opportunity to contribute toward improving asthma management in the Australian community.

Citation(s):

Saini, B., I. Krass, et al. (2004). "Development, implementation, and evaluation of a community pharmacy-based asthma care model." *Ann Pharmacother* 38(11): 1954-60.