

**Title of Intervention:** Asthma Outpatient Education

**Intervention Strategies:** Provider Education, Individual Education

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

**Population:** People with asthma ages 16-70

**Setting:** Family medical centers in Valais, Switzerland; health care facility-based

**Partners:** University patient education specialists, health professionals

**Intervention Description:**

- **Provider Education:** A two-day asthma education seminar was held for participating health care professionals. The learning objectives were to gain basic and common knowledge about asthma therapy, to help caregivers manage this chronic disease following the international guidelines, to define all roles in patient education and to reinforce the interdisciplinary network.
- **Individual Education:** Each participant received an individualized 30-minute briefing from the health care professionals. They all also received a brochure written especially for the study. The brochure was written for a lower literacy rate and with a straight-forward humorous approach. The contents of the brochure entitled "How to live better with asthma" included the definition of asthma, identifying and controlling of triggers, therapeutic options with or without drugs, detailed description of inhalation devices available, recognition of acute asthma symptoms and a preprinted action plan. The brochure was printed in both French and German in accordance with the population of the area. The participants kept an asthma diary of symptoms and medications.

**Theory:** Adult Learning Theory

**Resources Required:**

- **Staff/Volunteers:** Health care professionals
- **Training:** Not mentioned
- **Technology:** Not mentioned
- **Space:** Meeting space
- **Budget:** Not mentioned
- **Intervention:** Brochure, training materials, diary
- **Evaluation:** Questionnaires

**Evaluation:**

- **Design:** Randomized controlled trial
- **Methods and Measures:**
  - Questionnaires measured Quality of Life, work absenteeism, medication usage, emergency room visits and hospitalization utilization.
  - Peak flow meters measured lung function.

**Outcomes:**

- **Short Term Impact:** Not measured
- **Long Term Impact:** There were significant positive changes in asthma severity, outpatient visits and quality of life in the intervention group.

**Maintenance:** Not mentioned

**Lessons Learned:** Interdisciplinary implementation strategies for patient education are cost-effective, improve quality of life for asthmatics and reduce strain on health services.

**Citation(s):**

Tschopp, J. M., J. G. Frey, et al. (2005). "Asthma outpatient education by multiple implementation strategy. Outcome of a programme using a personal notebook." *Respir Med* 99(3): 355-62.