

Title of Intervention: Family Asthma Program and Community Asthma Program

Intervention Strategies: Group Education, Campaigns and Promotions

Purpose of the Intervention: To raise the level of awareness and knowledge in the community about asthma and improve the quality of life for children with asthma

Population: Children with asthma and their parents, general public

Setting: Western New York area communities and schools; school-based, community-based

Partners: Area health care professionals and health educators

Intervention Description:

- **Group Education:** Family Asthma Program met for two hours a week for six weeks. As the families entered the program each child's homeroom teacher, physical education teacher and school nurse were invited to attend. If they could not come, they were sent a package of literature regarding the disease and possible effects of the drugs used in the treatment on school performance and behavior. Babysitters and other child caretakers were also encouraged to join the program if their contact with the children with asthma was extensive and frequent. The Family Asthma Program included information on treatment, triggers, early warning signs and effects of physical exercise and social, psychological and behavioral aspects. Parents met in a classroom with speakers who made formal, illustrated presentations, followed by an informal question and answer period. The program for the children started with an information discussion session, followed by age-appropriate activities, which included calisthenics, relaxation, self-defense, games and swimming. The athletic activities were designed to improve the self-image and self-confidence in children and parents.
- **Campaigns and Promotions:** As part of the Community Asthma Program, coordinators and health care professionals participated in promotional activities. This included television and radio shows, health fairs, articles for newspapers, lectures and seminars.

Theory: Not mentioned

Resources Required:

- **Staff/Volunteers:** Facilitators, volunteers to help facilitate activities
- **Training:** Not mentioned
- **Technology:** Not mentioned
- **Space:** Meeting space
- **Budget:** Not mentioned
- **Intervention:** Educational materials
- **Evaluation:** Questionnaires

Evaluation:

- **Design:** Cohort
- **Methods and Measures:**
 - Questionnaires assessed the effectiveness of the Family Asthma Program.

Outcomes:

- **Short Term Impact:** Knowledge about asthma improved in parents and children.
- **Long Term Impact:** Not mentioned

Maintenance: Not mentioned

Lessons Learned: Through educational and self management techniques, the researchers hoped to make families and children with asthma self-confident and less dependent of the health care system so that the cost of asthma care could eventually be reduced.

Citation(s):

Hindi-Alexander, M. and G. J. Cropp (1981). "Community and family programs for children with asthma." *Ann Allergy* 46(3): 143-8.