

Title of Intervention: Pharmacy-based Education about Asthma

Intervention Strategies: Provider Education, Individual Education

Purpose of the Intervention: To increase knowledge of asthma and treatments

Population: Adults with asthma and their pharmacists

Setting: Four community pharmacies in Finland; health care facility-based

Partners: Local physicians and nurses

Intervention Description:

- Provider Education: Pharmacists received a one-day training on asthma and its treatments. They were also given educational materials. The pharmacists consulted a physician or nurse, when necessary.
- Individual Education: The intervention was based on the Therapeutic Outcomes Monitoring Program. Participant had their own pharmacist who educated and monitored them according to the principles of self-management of asthma. They gave information about asthma pathology, instructions on the use of a peak expiratory flow meter in monitoring airway function and on the use of medications and inhaler devices. The correct use of inhaler devices was supervised and the participants were educated to recognize and manage their asthma symptoms. The participants were instructed to measure peak expiratory flow values and change their asthma medication according to a color-coded asthma zone management system. The patients were also able to change the medication according to worsening of symptoms.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Facilitators
- Training: Not mentioned
- Technology: Peak flow meters
- Space: Meeting space
- Budget: Not mentioned
- Intervention: Peak flow meters, educational materials, provider training materials
- Evaluation: Questionnaires, peak flow meters

Evaluation:

- Design: Cohort
- Methods and Measures:
 - Questionnaires assessed attitudes and knowledge about asthma and management.
 - Peak flow meters measured lung function.

Outcomes:

- Short Term Impact: Knowledge and attitudes about asthma and medication improved significantly.
- Long Term Impact: Three out of five symptoms and peak expiratory flow values were significantly improved during the intervention.

Maintenance: Not mentioned

Lessons Learned: Pharmacy-based interventions can have a positive effect on clinical outcomes of people with asthma.

Citation(s):

Narhi, U., M. Airaksinen, et al. (2000). "Therapeutic outcomes monitoring by community pharmacists for improving clinical outcomes in asthma." *J Clin Pharm Ther* 25(3): 177-83.

Narhi, U., M. Airaksinen, et al. (2001). "The effects of a pharmacy-based intervention on the knowledge and attitudes of asthma patients." *Patient Educ Couns* 43(2): 171-7.