

**Title of Intervention:** Asthma Outreach Program for Children

**Website:** [https://www.harvardpilgrim.org/portal/page?\\_pageid=253,49739&\\_dad=portal&\\_schema=PORTAL](https://www.harvardpilgrim.org/portal/page?_pageid=253,49739&_dad=portal&_schema=PORTAL)

**Intervention Strategies:** Individual Education, Supportive Relationships

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

**Population:** Children with asthma up to age 15 and their parents/caregivers

**Setting:** Home-based

**Partners:** Harvard Pilgrim Health Care Foundation

**Intervention Description:**

- Individual Education: Participants received education from nurses on seven domains: asthma definition and pathogenesis; triggers and warning signs; asthma medications; inhaler, spacer, and nebulizer training as indicated; use of peak flow meter and zoning instruction; environmental control, including smoking and allergens; and adherence with medication schedules and physician visits. Teaching was by discussion, direct demonstration and back-demonstration. Teaching was supported by the use of commonly available handouts as deemed appropriate by the outreach nurse. Inhaler and peak flow meter techniques were reviewed. Zoning instructions were delivered if the child was able to perform reliable peak flow maneuvers. Action plans were updated as needed.
- Supportive Relationships: The intervention group received a yearly follow-up by the nurse. This was performed mostly via telephone. In addition, the nurse remained a resource and counselor for the family.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Nurses
- Training: Not mentioned
- Technology: Not mentioned
- Space: Homes
- Budget: Not mentioned
- Intervention: Educational materials, peak flow meters, handouts, asthma action plans
- Evaluation: Not mentioned

**Evaluation:**

- Design: Randomized controlled trial
- Methods and Measures:
  - Hospital records assessed emergency room visits and hospitalizations.
  - Insurance claims assessed cost.

**Outcomes:**

- Short Term Impact: Not measured
- Long Term Impact: Asthma patients decreased their use of emergency rooms and hospitals by participation in an Asthma Outreach Program as compared with a control group receiving only an educational intervention. Substantial savings were achieved compared with the cost of the Asthma Outreach Program nurse.

**Maintenance:** Not mentioned

**Lessons Learned:** Not mentioned

**Citation(s):**

Greineder, D. K., K. C. Loane, et al. (1999). "A randomized controlled trial of a pediatric asthma outreach program." *J Allergy Clin Immunol* 103(3 Pt 1): 436-40.