

**Title of Intervention:** Self-Management Education and Counseling for Adults

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

**Purpose of the Intervention:** To improve self-management of asthma

**Population:** Adults with asthma

**Setting:** University Medical Center; health care facility-based

**Partners:** Hospital administrators

**Intervention Description:**

- Individual Education: Participants received a skill-oriented, self-help workbook. The self-management program concentrated on increasing cognitive skills, creating positive attitudes, enhancing adherence and helping develop effective social support. The workbook was intended for at-home use. It contained seven sections designed to provide basic information that participants needed to improve their self management practices. This information was supplemented by material on related topics, such as stress management, social support, health education methodology and factors that influence adherence to treatment regimens.
- Supportive Relationships: Participants received a one-hour, one-on-one counseling sessions conducted by a health educator. During this session, the patient received a peak flow meter. Participants were encouraged to attend an asthma support group with a counselor. Telephone calls from the health educator were made two and four weeks following the support group meeting to encourage and enhance the self-management

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Health educators
- Training: Health educators received training in intervention protocol
- Technology: Not mentioned
- Space: Meeting space
- Budget: Not mentioned
- Intervention: Peak flow meters, educational materials, self-help workbook
- Evaluation: Questionnaires

**Evaluation:**

- Design: Randomized controlled trial
- Methods and Measures:
  - Questionnaires assessed medication adherence, asthma symptoms and characteristics and health care utilization.

**Outcomes:**

- Short Term Impact: Not measured
- Long Term Impact: Self-management patients had substantially better adherence and improved functional status at follow-up. Hospital and ER visits decreased in both groups but not differ between groups.

**Maintenance:** Not mentioned

**Lessons Learned:** Use of a self-management program in facilitating the treatment of adult asthma is beneficial.

**Citation(s):**

Bailey, W. C., J. M. Richards, Jr., et al. (1990). "A randomized trial to improve self-management practices of adults with asthma." *Arch Intern Med* 150(8): 1664-8.