

Title of Intervention: You Can Control Asthma

Website: <http://www.aafa.org/display.cfm?id=4&sub=79&cont=433>

Intervention Strategies: Individual Education, Group Education

Purpose of the Intervention: To help children improve their management of asthma

Population: Children with asthma ages 6-12 and their families

Setting: Inner-city hospital emergency department in Washington, DC; health care facility-based

Partners: None mentioned

Intervention Description:

- Individual Education: While in the hospital, children received written materials divided into five lessons: "What Happens To Me In The Hospital," a discussion of hospital procedures the child with asthma can expect; "What is Asthma," a brief definition of asthma and description of what happens to the airways during an acute episode; "You Can Control Asthma," a three-section lesson on identifying and avoiding triggers, identifying early warning signs and initiating early treatment of acute episodes; "Emotions and Asthma," a lesson on acknowledging and discussing feelings about having asthma; and "Taking Medicines," a discussion of what medicines can do to control asthma and how to take medicines correctly. The written materials included narrative discussion, activity/game sheets and symptom diaries. The materials served as teaching aides for the nurses and reference guides for the children to take home. The materials were written at first and second grade levels.
- Group Education: The first videotape was a 15-minute presentation on three basic self-management techniques for acute asthma: 1) recognizing and avoiding triggers; 2) recognizing early warning signs; and 3) providing early treatment. The second videotape presented a puppet talking with a friend about being afraid of acute asthma episodes, the difficulties of some of the restrictions imposed by allergies and how to handle getting upset about asthma. The videos were often done with a group of participants and included a group discussion.

Theory: PRECEDE model

Resources Required:

- Staff/Volunteers: Nurses
- Training: Nurses received an in-service training on the program
- Technology: Equipment to watch videos
- Space: Hospital rooms
- Budget: Not mentioned
- Intervention: Educational materials, videos
- Evaluation: Log book, program checklist, nurse questionnaire, hospital records, participant questionnaire

Evaluation:

- Design: Pre- and post-test
- Methods and Measures:
 - A nursing log book and program checklist assessed the feasibility of integrating the educational program with medical care routines.
 - Questionnaires assessed nurses' opinion.
 - Hospital medical records were reviewed.
 - Pre- and post-tests assessed symptoms, frequency and severity of episodes and child and family management behaviors.
 - Questionnaires assessed child's knowledge about asthma management in three categories: response to identified asthma triggers, identification of acute episode prevention behavior and recognition and response to early warning signs.

- Children's Health Locus of Control Scale assessed the children's perception of their ability to control asthma

Outcomes:

- Short Term Impact: The intervention group had a significant improvement in identifying the appropriate response to early warning signs. There was an overall improvement in family management of asthma, especially in avoiding triggers, recognizing and responding to early warning signs and having improved confidence in handling asthma. Parents noted changes in overall family management of asthma that they attributed to the program including increased awareness and understanding of asthma, the child with asthma sharing information with siblings and decreased anxiety about asthma. Nurses reported that the program provided them with enjoyable, useful and rewarding teaching aides and that the program was effective in teaching the children about asthma.
- Long Term Impact: Emergency room visits for the group as a whole decreased. Children with more severe asthma experienced a statistically significant decrease in emergency room visits.

Maintenance: Not mentioned

Lessons Learned: The You Can Control Asthma program demonstrated that asthma education can be effectively introduced in the inpatient hospital setting. This has positive and powerful implications for making information and skill development available and accessible to children with asthma.

Citation(s):

Taggart, V. S., A. E. Zuckerman, et al. (1991). "You Can Control Asthma: evaluation of an asthma education program for hospitalized inner-city children." *Patient Educ Couns* 17(1): 35-47.