

Title of Intervention: Wee Wheezers

Website: <http://www.aafa.org/display.cfm?id=4&sub=79&cont=434>

Intervention Strategies: Group Education, Individual Education

Purpose of the Intervention: To improve self-management

Population: Children ages 4-7 who have asthma

Setting: Hospital; health care facility-based

Partners: None mentioned

Intervention Description:

- Group Education: The Wee Wheezers Program consisted of four small-group sessions of approximately two hours each conducted at one-week intervals by nurses experienced in the management of pediatric asthma. Parents met in separate groups. The initial 45 minutes of the last two sessions for parents of 4-6 year old children were devoted to direct instruction of the children; no direct instruction of those under the age of four was attempted. Topics included breathing techniques, homework and medication use.
- Individual Education: Participants created asthma action plans and learned asthma self-management. They were also taught inhaler technique and how to use a peak flow meter.

Theory: Social Learning Theory

Resources Required:

- Staff/Volunteers: Educators
- Training: Not mentioned
- Technology: Equipment to play videotapes
- Space: Meeting space
- Budget: Not mentioned
- Intervention: Wee Wheezers program, peak flow meter, worksheets
- Evaluation: Questionnaires, diaries, access to hospital records

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Questionnaires assessed demographics and opinion.
 - Diaries recorded symptoms and medication.
 - Physical examination was conducted and hospital records were reviewed.

Outcomes:

- Short Term Impact: For the intervention group, the proportions who did not allow smoking at all increased.
- Long Term Impact: Children in the intervention group had more symptom-free days than the control group. Parents in the intervention group statistically increased preventive medication adherence and prompt intervention to an attack.

Maintenance: Not mentioned

Lessons Learned: Parent and child education is beneficial not only to the quality of life, but also financially, when considering the lost time for work for the parents, health care costs and child care costs.

Citation(s):

Wilson SR, Latini D, Starr NJ, et al. Education of parents of infants and very young children with asthma: a developmental evaluation of the Wee Wheezers program. *J Asthma*. 1996;33(4):239-254.