

Title of Intervention: Asthma Care Training (ACT) for Kids

Website: <http://www.aafa.org/display.cfm?id=4&sub=79&cont=430>

Intervention Strategies: Group Education, Supportive Relationships

Purpose of the Intervention: To increase knowledge and self-management of asthma and treatments

Population: Children ages 7-12 with asthma

Setting: Allergy Clinics in Los Angeles, CA; health care facility-based

Partners: Clinic administrators and staff

Intervention Description:

- Group Education: Asthma Care Training (ACT) for Kids consists of five one-hour sessions offered at weekly intervals. Children and parents met in separate groups during the initial 45 minutes and later came together to share their perceptions and experiences. The content of the sessions revolved around the theme, "You're in the driver's seat" and emphasized that asthmatic children can take charge of the disease rather than be controlled by it. An analogy was drawn between maintaining health and safely driving an automobile (e.g., color-coded action plan compared to traffic signal). Red, yellow and green stickers were used to code all medications. Session topics included underlying mechanisms of asthma, symptoms and signs, triggers, relaxation skills, breathing exercises, medications, decision-making skills and balanced living.
- Supportive Relationships: Parents and children learned the same information throughout the course. Families also met with physicians to discuss medication. The group process allowed for comparisons and recognition of similarities and differences.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Educators, physicians
- Training: Not mentioned
- Technology: Not mentioned
- Space: Meeting space
- Budget: Not mentioned
- Intervention: Educational materials, Asthma Care Training manual
- Evaluation: Telephone interviews

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Telephone interviews assessed knowledge of the symptoms of asthma, precipitating factors, prescribed treatments and difficulties with asthma.

Outcomes:

- Short Term Impact: There were equivalent increases in knowledge and changes in beliefs in both the intervention and control groups. There was a significant increase in the self-reported compliance behaviors in the intervention group.
- Long Term Impact: The intervention group had significant reductions in emergency room visits and hospitalizations.

Maintenance: Not mentioned

Lessons Learned: The reductions in emergency room visits and hospitalizations represent an estimated savings of \$180 per child in the intervention group.

Citation(s):

Lewis CE, Rachelefsky G, Lewis MA, de la Sota A, Kaplan M. A randomized trial of A.C.T. (asthma care training) for kids. *Pediatrics*. Oct 1984;74(4):478-486.