

Title of Intervention: School-Based Education for Children with Asthma

Intervention Strategies: Group Education, Individual Education, Supportive Relationships

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

Population: Children in grades 3-5 with asthma and their families

Setting: Schools and participants' homes; school-based, home-based

Partners: None mentioned

Intervention Description:

- Group Education: The school-based group education for children consisted of nine 15-minute, bi-weekly sessions covering asthma physiology and symptoms, asthma triggers, steps in managing asthma and decision making in common school activity and play situations. The sessions were conducted during lunchtime in empty classroom. Short stories, games, posters and peak flow meters were used to illustrate content and provide mastery learning. Educational materials were available in English and Spanish.
- Individual Education: Additional content included an asthma management plan to be completed by the physician for home use.
- Supportive Relationships: Parents received a bound educational booklet that addressed core content of asthma pathophysiology, symptoms, triggers, environmental management, medication management and use of metered dose inhalers, spacers and peak flow meters.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Educators
- Training: Not mentioned
- Technology: Not mentioned
- Space: Classrooms, homes
- Budget: Not mentioned
- Intervention: Educational materials, games, peak flow meters, short stories, posters, parent booklets
- Evaluation: Survey

Evaluation:

- Design: Quasi-experimental pilot study
- Methods and Measures:
 - Surveys assessed asthma severity, parent's asthma management, children's asthma management and self-reported and parent-reported behaviors.

Outcomes:

- Short Term Impact: The intervention group had a significant improvement in home management. Children's self-reported asthma management significantly increased for both groups. The treatment groups parents' ratings of their children's management behaviors also significantly increased over the course of the study.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: Improvements in asthma management point to the need for ongoing asthma education to address learning needs of the children and families.

Citation(s):

Homer, S. D. (2004). "Effect of education on school-age children's and parents' asthma management." *J Spec Pediatr Nurs* 9(3): 95-102.