

Title of Intervention: FirstAir Asthma Education Program for a Worksite

Intervention Strategies: Group Education

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

Population: Employees with asthma

Setting: Bank One Corporation in Chicago, IL; worksite-based

Partners: Merck & Company, clinical nurse educator, Bank One Medical Department

Intervention Description:

- Group Education: Employees received the FirstAir Asthma Education Program which was developed by Merck. The program consisted of five 1-hour weekly educational classes taught by a nurse specialist from an area hospital. The topics discussed included current information on recognition of triggers for asthma, warning signs of impending attacks, use and care of equipment, administration of medications, handling of emergencies and keeping an asthma diary.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Educator
- Training: Not mentioned
- Technology: Not mentioned
- Space: Meeting space
- Budget: Not mentioned
- Intervention: Educational materials, metered dose inhalers, nebulizers, peak flow meters, incentives (free healthy box lunch at each session, subscription to Asthma Magazine, a wellness tote bag with asthma educational materials, a booklet on how to keep the home environment and items useful for a person with asthma)
- Evaluation: Asthma Therapy Assessment Questionnaire

Evaluation:

- Design: Pre- and post-test with convenience sample
- Methods and Measures:
 - Asthma Therapy Assessment Questionnaire (ATAQ) assessed effectiveness of program, severity of symptoms, medication compliance, barriers to knowledge deficiency and barriers to communication with their health care provider.

Outcomes:

- Short Term Impact: Significant improvement was seen in the measures of asthma control, communication barriers, knowledge deficiency and self-efficacy barriers and in the overall ATAQ Index.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: A relatively low-cost worksite education intervention for employees with non-occupational asthma coordinated by an occupational medicine department has been shown to significantly improve asthma control behaviors for at least one year. Improved asthma control should result in reduced direct and indirect costs to the employer, primarily through avoidance of lost or impaired productivity related to asthma, and enhanced quality of life for employees with asthma and their families.

Citation(s):

Burton, W. N., C. M. Connerty, et al. (2001). "Bank One's worksite-based asthma disease management program." *J Occup Environ Med* 43(2): 75-82.

Burton, W., A. Schultz, et al. (2001). "Asthma disease management: a worksite-based asthma education program." *Disease Management* 4(1): 3-13.