

Title of Intervention: Summer Asthma Camp for Children

Intervention Strategies: Group Education

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

Population: Children ages 10-14 with asthma

Setting: Summer Asthma Camp in Los Angeles, CA; community-based

Partners: American Lung Association of California

Intervention Description:

- Group Education: During the course of routine summer camp activities, the children received a 6-module instructional course to improve their self-management skills. The following topics were covered: anatomy and physiology of asthma, warning signs and triggers for an asthma attack, food allergy, environmental control, breathing exercises and postural drainage, the psychosocial aspects of asthma and communicating with doctors and other health professionals. Each module was taught to groups of 15-20 children for 45 minutes utilizing audiovisual presentations, hands on demonstrations, special asthma games and discussion periods. The instructional period was further reinforced by specially trained camp counselors who led discussion groups during the rest periods for the campers.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Camp counselors
- Training: Camp counselors received training on asthma
- Technology: Audiovisual equipment
- Space: Meeting space
- Budget: Parents received \$10 to aid in travel expenses
- Intervention: Educational materials, games
- Evaluation: Questionnaires

Evaluation:

- Design: Pre- and Post-test
- Methods and Measures:
 - Questionnaires assessed parents' and children's knowledge of asthma and perceptions of the children's ability to comply with medical treatment and manage the disease.

Outcomes:

- Short Term Impact: Parents and children showed a statistically significant increase in knowledge. Children showed a statistically significant improvement in confidence in their ability to adhere to medication regimens. Parents reported their children having improved attitudes towards their disease and their ability to manage their asthma.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: The asthma camp is a perfect format within which to teach self-management skills to children with asthma. An asthma camp which incorporates structured self-management skills is a positive experience for both child and parent and has demonstrated long-term benefits.

Citation(s):

Robinson, L. D., Jr. (1985). "Evaluation of an asthma summer camp program." Chest 87(1 Suppl): 105S-107S.