

Evidence-Based Childhood Asthma Interventions

Below are examples of evidence-based interventions that can be employed by community based interventions looking to establish or expand current asthma education and outreach efforts.

Asthma Care Training (ACT) for Kids

www.aafa.org/display.cfm?id=4&sub=79&cont=351

Health professionals conduct this interactive program for children (ages 7 to 12) and their families. Children and families attend 3 group sessions separately, then come together to share knowledge. Cited in the 1997 NHLBI Guidelines as a “validated” patient education program (demonstrated through formal research to be an effective educational intervention) that demonstrated a 43 percent reduction in hospitalizations, a 60 percent reduction in emergency department visits and significant cost reductions. Program includes: 3 instructor manuals; 2 sets of reusable materials; materials to teach 10 families; and training of 3 health professionals.

Comprehensive School-based Asthma Program (OAS+)

<http://cmcd.sph.umich.edu/Asthma-and-Allergies.html>

A program of the University of Michigan Center for Managing Chronic Disease developed with support from the National Heart, Lung and Blood Institute, the Comprehensive School-Based Asthma Program (OAS+) was designed to improve health outcomes for children with asthma including asthma symptoms, school grades and school absences.

Creating a Medical Home for Asthma

www.nyc.gov/html/doh/html/cmha/index.html

Creating a Medical Home for Asthma (CMHA) is an asthma management program that encourages public health clinics to implement a team-based approach to pediatric asthma management and care. The team-based approach encourages all clinic personnel to work together as a team to effectively deliver patient-centered asthma management and care. Therefore, CMHA is designed to offer a training program that teaches clinic staff- including physicians, nurses, laboratory technicians, clerical staff, and receptionists- strategies to increase communication between the patient and health care provider, as well as to deliver effective asthma treatment using the latest treatment protocols.

Inner-City Asthma Study (ICAS)

www.icasweb.org

ICAS was designed to evaluate the effectiveness of two types of interventions to reduce asthma morbidity and severity among 937 inner-city children, ages 5-11, with moderate to severe asthma.

Interactive Multimedia Program for Asthma Control and Tracking (IMPACT)

<http://pediatrics.aappublications.org/cgi/content/full/111/3/503>

Supplementing conventional asthma care with interactive multimedia education can significantly improve asthma knowledge and reduce the burden of childhood asthma.

National Cooperative Inner-City Asthma Study (NCICAS)

www.ncbi.nlm.nih.gov/sites/entrez?cmd=Retrieve&db=PubMed&list_uids=9368258&dopt=Abstract

The National Cooperative Inner-City Asthma Study (NCICAS) was established to identify and then intervene on those factors which are related to asthma morbidity among children in the inner-city.

Open Airways for Schools (OAS)

www.lung.org/lung-disease/asthma/in-schools/open-airways/open-airways-for-schools-1.html

The American Lung Association's Open Airways For Schools (OAS) is an asthma management program for schoolchildren aged 8-11 who have been diagnosed with asthma.

Physician Asthma Care Education (PACE)

<http://cmcd.sph.umich.edu/physician-asthma-care-education-pace.html>

A program of the University of Michigan Center for Managing Chronic Disease developed with support from the Robert Wood Johnson Foundation, PACE is a multi-faceted seminar to improve physician awareness, attitudes, ability, and application of communication and therapeutic skills for asthma. Designed to improve asthma morbidity and mortality among children, PACE has been found in two rigorous studies to be highly effective.

Wee Wheezers

www.aafa.org/display.cfm?id=4&sub=79&cont=434

Wee Wheezers is a validated asthma education program in English and Spanish, based on social learning theory and designed specifically for parents of young children under the age of seven. The program consists of four small group sessions for parents that last approximately 2-hours each. Children, ages 4-6, attend two sessions designed for them along with their parents. Nurses with pediatric asthma management experience or other professional health education providers familiar with pediatric asthma facilitate the sessions.

Wee Wheezers at Home

www.aafa.org/display.cfm?id=4&sub=79&cont=435

Wee Wheezers at Home is a validated asthma education program for parents of young children under the age of seven that is implemented in a home setting. The program consists of eight 90-minute sessions that are conducted by a home visitor over an eight-week period. Sessions are held in the home of the family in a one-on-one format or in a small family group setting. The educational materials for families are tailored for a low-literacy adult (5th-grade reading level) and child audience and are culturally appropriate.

YES WE CAN Children's Asthma Program

www.cdc.gov/asthma/interventions/yes_we_can.htm

YES WE CAN set out to demonstrate a team model of prevention-oriented children's asthma care that addresses both the social and the medical challenges of good asthma management. The primary care team consists of a clinician, a nurse care coordinator, and a community health worker from the child's own community. The team approach builds cultural and linguistic competence into the heart of health care, and enables non-physicians to play a strong role in supporting asthma self-management. A structured care pathway makes it easier for busy health professionals to put the NIH Clinical Guidelines into practice.

You Can Control Asthma

www.aafa.org/display.cfm?id=4&sub=79&cont=433

You Can Control Asthma is a validated asthma education program designed to give children ages 6 to 12 and their families more self-confidence and the necessary knowledge and skills needed to control asthma. It consists of a set of parallel booklets for children and their parents, which teach principles of asthma management through pictures, captions, and activities. Also included is an Implementation Guide designed to provide successful strategies for educating families in clinical, community, school and home settings using the You Can Control Asthma booklets.

These low-literacy, culturally appropriate booklets, available in English and Spanish, can be used alone or with the Implementation Guide in a formal educational program. The illustrations, messages, vocabulary and layout of the booklets have been extensively tested with children and adults who have reading limitations.