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Transforming care for children with asthma in schools

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with you every breath of the way
Can a community-based education and action plan intervention improve asthma management and reduce admissions in children?

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Background

- In 2008/2009 admission rates for children’s asthma in Ealing were the highest in London.
- Lack of knowledge and complacency about asthma.
- Asthma care inconsistent.
- Sub-optimal use of asthma action plans.
Ealing Children’s Asthma Project

• A three year pilot project part funded by Asthma UK for the first year.

• A Children’s Asthma Specialist Nurse/Clinical Lead

• Asthma UK resources (asthma action plans)
Asthma UK ‘ My Asthma Plan’

‘My Asthma’ resources

My Asthma Calendar

My symptoms
- Week 1
- Week 2
- Week 3
- Week 4
- Week 5
- Week 6

My feelings
- Week 1
- Week 2
- Week 3
- Week 4
- Week 5
- Week 6

My rewards
- Week 1
- Week 2
- Week 3
- Week 4
- Week 5
- Week 6

Name:
Aims

To assess the potential benefit of introducing an asthma education and action plan intervention on improving asthma self-management and reducing hospital admissions for children with asthma in Ealing
Methods

The following groups were given the opportunity to participate in the pilot:

- Children 0-18 with doctor diagnosed asthma
- Parents, carers and family members
- All schools and nurseries in Ealing
- All GP practices in Ealing
Methods (2)

The face-to-face interventions took place in:-

• The home
• The school
• The primary healthcare setting (GP practice or clinic)
• The community centre (children’s centre, community centre)
Methods (3)

Schools:-

• One-to-one and group self-management education for children and their parents/carers
• Asthma Friendly Schools (asthma policy, staff training, access to inhalers)
• Raising awareness of asthma in school community
Methods (3)

Community:

- Home visits

- Asthma education sessions and self-management drop-ins held at community centres
Methods (3)

Healthcare Settings:-

- Asthma management training sessions were held in GP Practices for Practice Nurses
- Consultant led asthma management events for GPs
- Asthma UK resources displayed in all GP practices
- Referral of ‘high risk’ patients
Outcomes

- 62/82 participated
- 210 families and approximately 2000 children
- Over 50 ‘How to manage your child’s asthma sessions’ for parents
Data from the Child and Maternal Health Intelligence Network (CHIMAT):

- Between 2010/2011 and 2011/2012 emergency asthma admissions <19y fell by 40% from 440 to 266 per 100,000 population

- Estimated cost savings of £90,000
Results

Figure 1: graph depicting reduction in asthma admissions in Ealing <19y compared with London average
Results (3)

Qualitative data gathered from questionnaire and interview of participants revealed that after education

- 97% of parents and carers reported improved confidence in managing asthma
- 95% of doctors and nurses reported improved confidence in offering self-management advice to children with asthma and their parents/carers
- 95% of parents/carers found the Asthma UK action plan resource helped them to understand and manage their child’s asthma
The introduction of a community-based education and action plan intervention was effective and resulted in widespread improvements in asthma self-management and a significant reduction in asthma related hospital admissions in children in Ealing.