

Asthma Self-Management Programme (ASMP) Case Study AskAboutAsthma July 2019

Summary

Aims

The overarching aim of the service is to improve asthma self-management for children living or studying in Islington.

Interventions Developed

2 programmes developed & piloted:

- for 14-17 year-olds (1 delivered)
- for 10-12 year-olds (2 delivered)

Clinicians & Self-Management Facilitators trained: 6

Young Person Facilitators trained: 1

Programme Numbers

Year 1: 8 starters, 7 completers. Further programmes were planned but had to be cancelled due to low referrals.

Year 2 to date: 25 starters, 23 completers.

Year 3 potential places: 72 (6 courses, 12 places each, forecast 60 completers).

We are confident based on learning gained in the pilot phase we can achieve these numbers.

Outcomes

14-17 Year-Olds

Despite the change in season from summer to winter

- 33% increase in Patient Activation Scores 3 months post course. This shows a meaningful increase in knowledge, skills and confidence to self-manage.
- Asthma Control Test (ACT) scores increased from 19.0 pre-course (Off-target) to 20.5 post course (On-target).
- 66% decrease in average GP/Practice Nurse visits compared to previous 6 months.
- Decrease in average unplanned hospital stays from 0.28 to 0 over 6 months.

Feedback

- *"I am aware of the different ways to manage my asthma other than just medication"*
- *"I am making sure I use my spacer & try to take my reliever as little as possible"*
- *"I really, really enjoyed it"*
- *"I found it helpful and an easy place to ask questions"*

10-12 Year-Olds

(Pre & End data only, no post-course data available yet)

- 13% increase in Self-Management Activation
- ACT scores: Percentage ON TARGET (20 and above) increased from 75%pre-course to 81% at end of course.
- 77% Agreed/Strongly Agreed their confidence to manage their health had improved since participating in the programme
- Healthcare Usage will be collected at 3-months post-course.

Feedback: Parts of the course you found most useful:

- *“learning what happens when you have an asthma attack”*
- *“talking about my goals”*
- *“how to control asthma. Brown inhaler to prevent/Blue if you get attacks”*
- *“made me more confident”*
- *“to be more independent”*
- *“How to manage feelings when you have an attack”*

Key Recommendations

- Deliver to 13-17 year olds as one cohort e.g. once per year depending on referrals. Mainly recruit from secondary care.
- Deliver programmes to 10-12 year olds during school term.

National Interest

As self-management interventions are a newly developing area for CYP, there is a lot of interest in the programme. We have been invited by Healthy London Partnerships to run a workshop at a conference in September as part of the National #AskAboutAsthma Campaign.

Contact

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