

# 06

## **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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*with you every  
breath of the way*

# 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



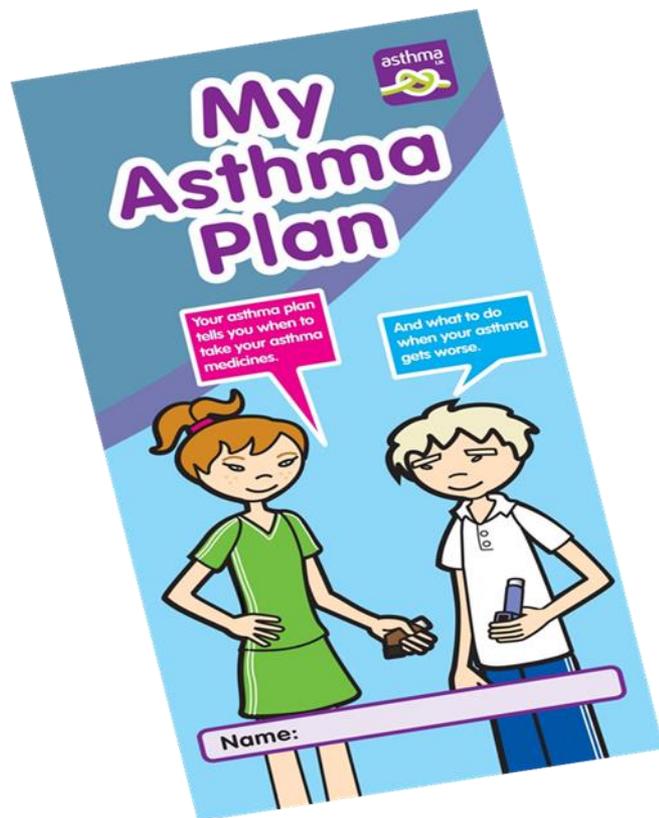
# Ealing Children's Asthma Project

- 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



The 'My Asthma Calendar' form is a colorful grid designed to help children track their asthma symptoms and feelings over a six-week period. It is divided into three main sections: 'My symptoms', 'My feelings', and 'My rewards'.  
**My symptoms:** This section includes a reminder to take preventer medicine and a list of questions to track daily symptoms (Yes/No). The questions are:

- Did I cough today?
- Did I wheeze today?
- Did it feel hard to breathe today?
- Did my chest hurt today?
- Did my asthma stop me from doing anything today (like playing, doing sport, going to school or home time)?
- Did my asthma wake me up last night?
- Did I use my reliever inhaler today?

The grid has columns for each day of the week (Sun-Sat) and rows for each of these questions, with a color-coded header for each week.  
**My feelings:** This section asks 'How was my asthma today?' and provides a scale from 'Good' (smiley face) to 'Not Good' (frowny face). It includes a reminder to put a sticker in the box to show how they feel. A note at the bottom states: 'If your calendar has lots of ☹️ faces and Yes then this means that your asthma is getting worse. Use your Asthma Plan to help you know what to do and whether you need to see your doctor or asthma nurse.'  
**My rewards:** This section encourages children to use their inhalers daily to earn reward stickers. It shows six weeks of examples: Week 1 (boy with a star), Week 2 (boy with a star), Week 3 (boy with a star and a soccer ball), Week 4 (boy on a skateboard), Week 5 (boy with a star), and Week 6 (girl with a star). A speech bubble says, 'Well done!'

# 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



## Results (2)

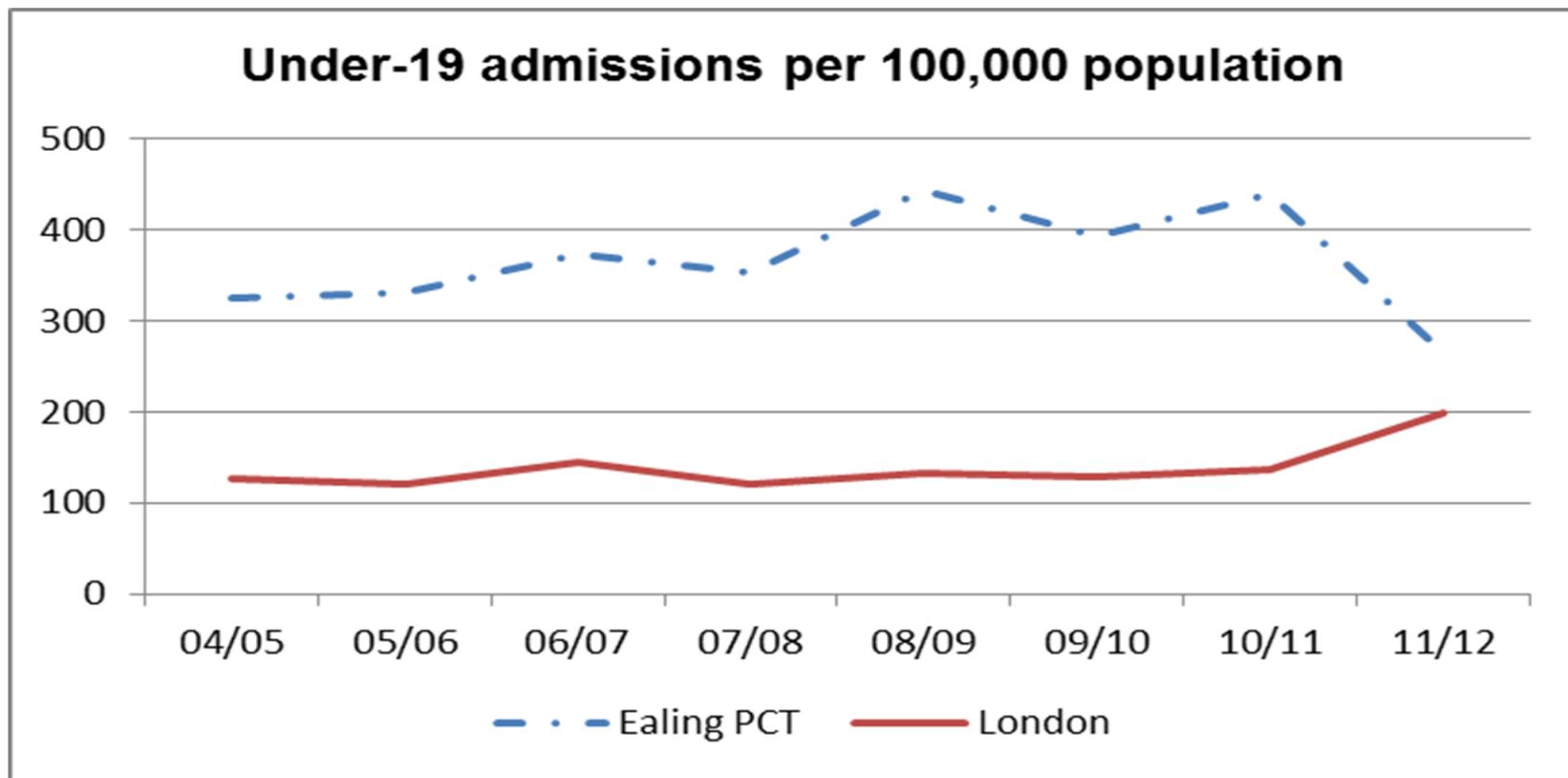
Data from the Child and Maternal Health Intelligence Network (CHIMAT):-

- 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



# CONCLUSION

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.

