Delivery of Supported Self-Management in Asthma Reviews: A Mixed Methods Observational Study Nested in the IMP²ART Programme of Work

(IMPlementing IMProved Asthma self-management as RouTine)

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Background

5.4 million people in the UK are currently receiving treatment for asthma: 1.1 million children and 4.3 million adults.1 Supported self-management for asthma reduces attacks and improves asthma control.2

However, implementation is challenging.

Only 1 in 3 people with asthma in the UK has an asthma action plan.

Does IMP²ART work?

1) Does it increase the number of action plans provided?
2) Does it reduce unscheduled care?
How much does it cost?
How does it work?

A UK-wide team from Asthma UK Centre for Applied research have developed the IMP²ART 3 level implementation strategy:

1) Providing appropriate patient resources
2) Developing professional skills
3) Influencing organisation priorities and routines

Tested in a UK-wide RCT. 144 GP Practices allocated by randomisation to IMP²ART (72) or usual asthma care (72).

PhD Project

Nested within the IMP²ART Study, this PhD project aims to explore how supported self-management is delivered during asthma consultations using motivational and patient-centred strategies. The project will investigate the between-group differences of face-to-face versus remote delivery of supported self-management during asthma reviews.

Primary Research Questions

To explore the between-group differences, the following research questions will be addressed throughout the project:

1. How are self-management tasks prioritised within asthma consultations?
2. How are patient-centred & behaviour change techniques used in asthma consultations?
3. How do health professionals view the delivery of supported self-management within asthma reviews?

Methods

A mixed-method, observational study will be conducted.

Video recordings of a sub-sample of the IMP²ART UK-wide cluster-RCT practices (implementation n=10; control n=10), collecting both face-to-face and remote (telephone/video-conference) reviews.

Analytical methods will include: ALFA Toolkit3, Patient Centred Observation Form (PCOF4) & The Behaviour Change Counselling Index (BECCI5), followed by follow-up semi-structured interviews.

Rapid Realist Review

Embedded within the project, a Rapid Realist Review has been conducted which explored the safety, acceptability and clinical effectiveness of the delivery of Supported Self-Management during remote asthma consultations. The findings will inform the evidence of this PhD project, the wider IMP²ART programme, policy and best practice for routine asthma care.

Expected Results

We anticipate that the IMP²ART strategies will enable HCPs to embed supported self-management more effectively within asthma consultations, adding to the evidence that HCPs should be provided with specific training skills to implement a motivating and patient-centred asthma review and will contribute to the IMP²ART process evaluation.


PHD Study funded by Chief Scientist Office, Scotland & Asthma UK Centre for Applied Research. This abstract presents independent research funded by the National Institute for Health Research under its Programme Grants for Applied Research Programme (Ref: RP-IP-PG-1416-1016-0008). The views expressed are those of the authors and not necessarily those of the NISRT or the Department of Health and Social Care.