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)

[1]Emma Jane Kinley, [1]Kirstie McClatchey, [1]Hilary Pinnock, [2]Liz Steed , [1]University of Edinburgh, [2]Queen Mary University London

Asthma UK Centre for Applied Research

asthma UK

IMP²ART

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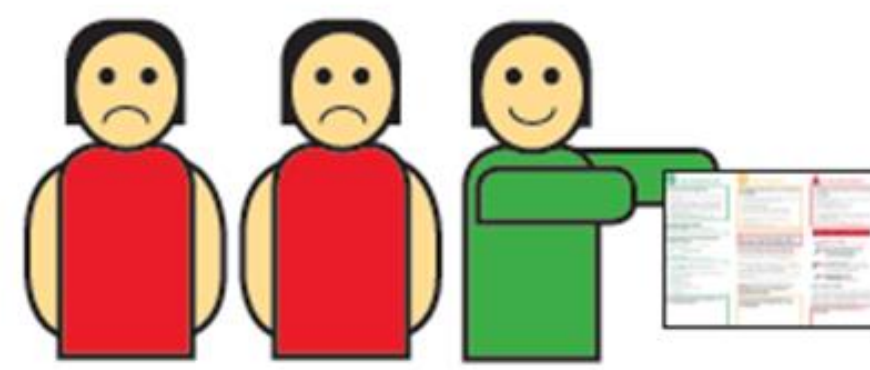
Only **1 in 3** people with asthma in the UK has an asthma action plan.

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.
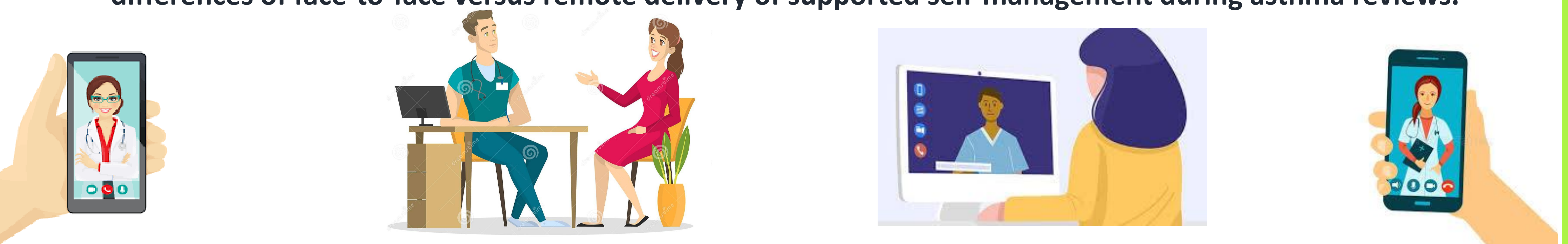
Primary Research Questions

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 Toolkit[3] , Patient Centred Observation Form (PCOF[4]) & The Behaviour Change Counselling Index (BECCI[5]), 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.

THE UNIVERSITY of EDINBURGH

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