Theoretically informed education to support asthma self-management in primary care: part of the IMP\textsuperscript{2}ART programme

Background

The IMPlémenting IMProved Asthma self-management as RouTine (IMP\textsuperscript{2}ART) programme is developing a whole-systems implementation strategy to improve delivery of supported asthma self-management in routine primary care. We aimed to develop professional education that targeted barriers to implementation and improved skills in delivering tailored supported asthma self-management.

Methods

- Underpinned by the Theoretical Domains Framework, a multidisciplinary team (educationalists, clinicians, health psychologists) along with a professional advisory group (n=10) developed two online educational packages, one for all primary care staff to be delivered in a team setting (Module 1), and one for clinicians who deliver asthma care (Module 2).
- Testing took place in general practices using think-aloud interviews (Module 1: n=17 from 2 practices; Module 2: n=6 from 4 practices).
- Additionally, 4 practices piloted Module 1, and three clinicians piloted Module 2.

Findings

Both modules were received positively during testing and piloting. Piloting of Module 1 highlighted challenges with using the module in team meetings, leading to a more flexible approach to delivery, and earlier access to the module. Module 2 feedback led to changes in wording and additional explanation of included components. Changes have now been incorporated into the modules.

Discussion

The finalised modules will be integrated with patient and organisational components of the IMP\textsuperscript{2}ART UK-wide cluster-RCT (n=144 practices), evaluating the impact of the implementation strategy on unscheduled care, ownership of asthma action plans, and cost-effectiveness.