



# Exploring Patient Views on IMPLementing IMProved Asthma self-management as RouTine (IMP2ART) Programme Developed Patient Resources



Implementing improved asthma self-management as routine

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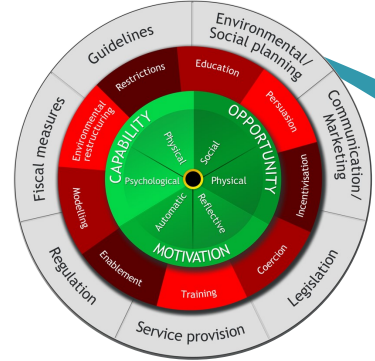
Supported self-management for asthma reduces attacks and improves asthma control<sup>1</sup>

Implementation of supported self-management requires:<sup>2</sup>

1. attention to patient resources,
2. professional motivation and training, and
3. organisational prioritisation and support

## The Development of IMP2ART Patient Resources

To engage patients, the IMP2ART programme developed patient resources to promote self-management.



A professional advisory group (n=12) was consulted.

A PPI group (n=8) gave their feedback.

Patients gave their feedback interviews via telephone (n=10) and email (n=2) interviews.

*"I don't know if I'm saying either hammer it more or be more hard-hitting, you know."*  
Patient 8 (M)

**Invitation Letters**

Example Asthma Action Plan (Asthma UK)

Example Asthma Action Plan (IMP2ART)



**Promotion Posters**

**Asthma causes 6.3 million GP consultations a year.**

**But did you know that... Asthma Action Plans can reduce symptoms and improve quality of life.**

**1 in 3 people in the UK already have an asthma action plan.**

**Do you know someone with asthma? 6.3 million GP consultations and 60,000 hospital admissions per year.**

**But did you know that... Ask your GP or asthma nurse for an asthma action plan or visit: [www.asthma.org.uk](http://www.asthma.org.uk)**

Behaviour change techniques used (e.g. COM-B (Michie et al., 2013)).

Thank you. We look forward to seeing you soon.  
Yours sincerely

[Position/title]

**Have you got your asthma action plan yet? 1 in 3 people already have one – don't miss your chance to control your asthma!**

An asthma action plan is a step-by-step guide to help you stay on top of your asthma. If you have an action plan, please bring this with you. If you don't have one yet, you can download one from Asthma UK at: <https://www.asthma.org.uk/advice/resources/> or you can get one at your review.

Invitation letter feedback:

*"I don't think mine has the message on the bottom: 'have you got your action plan?' I don't think that's been there before."*  
Patient 4 (M)



Next Steps: A UK-wide cluster RCT (n=144 practices), with health economic evaluation and process evaluation

**Asthma causes 121,000 A&E visits each year.**

**But did you know that... Asthma Action Plans can...**

- reduce symptoms
- improve quality of life

**1 in 3 people in the UK already have an asthma action plan.**

Ask your GP or asthma nurse for an asthma action plan or visit: [www.asthma.org.uk](http://www.asthma.org.uk)

**Living with Asthma**  
Helping you to manage your asthma

Topics:

- General asthma information
- Triggers
- Living with asthma
- Asthma attack information
- Coping with asthma and emotions
- Asthma in children and young people
- Managing your asthma
- Asthma tools
- Social support



**Does IMP2ART work?**

- Does it increase the number of action plans provided?
- Does it reduce unscheduled care?

**How much does it cost?**

**How does it work?**

If you are interested in your general practice participating in the IMP2ART RCT, please contact: [IMP2ART@ed.ac.uk](mailto:IMP2ART@ed.ac.uk)