

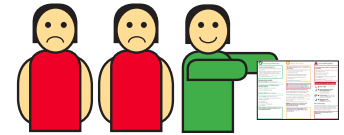


IMPlimenting IMProved Asthma self-management as RouTine

Asthma causes **6.3 million** GP consultations a year, and **60,000** hospital admissions.

Supported self-management for asthma reduces attacks and improves asthma control.

BUT...



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



Asthma UK Centre for Applied Research



A UK-wide team from the Asthma UK Centre for Applied Research is developing the **IMP2ART** 3-level implementation strategy...

1

Providing appropriate patient resources



2

Developing professional skills



3

Influencing organisational priorities and routines



...tested in a UK-wide randomised controlled trial.

144 GP practices allocated by chance to IMP2ART or usual care.



USUAL CARE

IMP2ART

Did IMP2ART work?

- Did it increase the number of action plans provided?
- Did IMP2ART reduce unscheduled care?

How much did it cost?

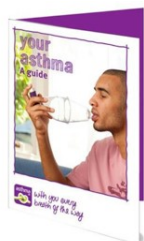
How did it work?





IMPlémenting IMProved Asthma self-management as RouTine (IMP²ART)

Asthma UK estimates that **5 million** people in the UK have asthma. With good management most people should be symptom-free most of the time. Despite this, **60,000** people are admitted to hospital each year, and **1,200** people die from asthma - many of these deaths can be prevented.



- **Supported self-management** which includes discussing personal asthma action plans, helps people to adjust their treatment when symptoms are getting worse, and improves day-to-day asthma control and reduces the risk of having an asthma attack.
- However, an Asthma UK survey found that only about **1 in 3** people with asthma have an asthma action plan.

The IMP²ART Study

The **IMP²ART** study aims to improve how asthma is managed in UK primary care so that fewer people have badly controlled asthma. To do this, we need to influence the organisation of primary care asthma management, the skills of healthcare professionals, and resources for patients.

What will **IMP²ART** do?

- 1. Identify resources that work to support patients**
- 2. Provide training for professionals**
- 3. Help practices to fit supported self-management into their routines**

In 2020, we will begin to recruit **144 GP practices** from across the UK to either receive the new **IMP²ART** approach to asthma care, or to continue with their usual care. A facilitator will visit the practices using the new approach and discuss with them the best ways to support self-management in their practice.

One year after the new approach, we will measure if it works by finding out how many people needed emergency care for an asthma attack and how much it cost. We will send questionnaires to people with asthma to ask if they have an action plan and we will measure their asthma control. We will also talk to professionals and patients to help us understand how and why it worked or it didn't.

If successful, our approach, resources and training will be ready for roll-out to benefit people with asthma and the NHS.

IMP²ART is led by two GPs: Professor Hilary Pinnock and Professor Steph Taylor.

Dr Susan Morrow is the Programme Manager. To find out more please email: **IMP2ART@ed.ac.uk** and help make IMP²ART a success!

www.edin.ac/aukcar-imp2art

