

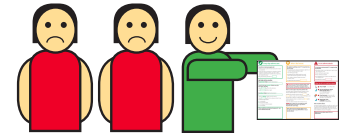


# IMPlémenting IMProved Asthma self-management as RouTine

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?**



Queen Mary  
University of London

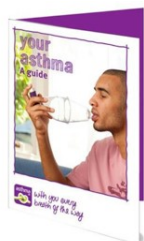


THE UNIVERSITY  
of EDINBURGH



## IMPlémenting IMProved Asthma self-management as RouTine (IMP<sup>2</sup>ART)

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, each year **60,000** people are admitted to hospital, and **1,200** people die from asthma - many of these deaths are preventable.



- **Supported self-management** reduces the risk of attacks, improves asthma control, and improves quality of life.
- However, it is difficult to implement supported self-management in routine clinical practice. Only about **1 in 3** people with asthma in the UK have an asthma action plan.

### The IMP<sup>2</sup>ART Study

The **IMP<sup>2</sup>ART** study aims to facilitate the provision of supported self-management in routine primary care practice. To do this, we need to develop practical strategies to enable practices to prioritise supported self-management for people with asthma, motivate and skill healthcare professionals, and provide access to resources for patients.

#### What **IMP<sup>2</sup>ART** will do:

- 1. Identify effective resources to support patients**
- 2. Provide training for professionals**
- 3. Help practices to fit supported self-management within their organisational routines**

We will pilot the approach in a small number of UK general practices and then evaluate the strategy in a UK-wide RCT. If successful, our implementation strategy will be immediately ready for roll-out to benefit people with asthma and the NHS.

#### How Can You Help? *We need:*

- **People who work in primary care** (nurses, doctors, admin staff etc.) to contribute to an advisory board
- **Practices to help** with developing and piloting components of the implementation strategy
- **144 practices to participate in the trial**

**IMP<sup>2</sup>ART** is led by two GPs: Professor Hilary Pinnock and Professor Steph Taylor.

Dr Vicky Hammersley is the Programme Manager.

To find out more please email: **IMP2ART@ed.ac.uk** and help make IMP<sup>2</sup>ART a success!

