The IMP2ART programme

IMPlementing IMProved Asthma self-management as RouTine

1 Hilary Pinnock, 1Susan Morrow S, 1Kirstie McClatchey, 2Steph Taylor, for the IMP2ART programme group.
Asthma UK Centre for Applied Research, 1The University of Edinburgh, 2Queen Mary University of London

The burden of asthma in the UK

In 2010-2011 asthma resulted in:

- 6.3m primary care consultations
- 93,000 hospital in-patient episodes
- 1,800 intensive-care unit episodes
- 1,160 asthma deaths

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

BUT Implementation is challenging

Implementation of supported self-management requires:
1. attention to patient resources,
2. professional motivation and training, and
3. organisational prioritisation and support

The IMP2ART programme

Building on preliminary studies, and working with general practices, Asthma UK, PRCS-UK and Education for Health the IMP2ART programme will:

PG1: Refine trial outcomes using routine data

PG2: Develop and refine the components of an implementation strategy with 6 practices

- Patient resources to support self-management (e.g. a range of action plans; flexible access to professional advice; digital options)

- Professional education to motivate and train practice team (e.g. online, team-based modules to raise awareness and provide specific skills)

- Organisational strategies to facilitate adoption (e.g. audit/feedback; review templates; electronic action plans)

Facilitated by respiratory nurse specialists, practices will adopt and adapt strategies to suit their practice routines.

PG3: Pre-pilot the implementation strategy

We will test the feasibility of the integrated implementation strategy in four practices

PG4: Pilot the IMP2ART trial in 12 practices

We will pilot the trial procedures in a pilot randomised controlled trial (RCT)

PG5: A UK-wide cluster RCT in 144 practices, with health economic evaluation and PG6: Process evaluation

We will randomise 144 practices to either the IMP2ART implementation strategy or the control group.

Outcomes will be assessed in routine data and questionnaires to a sub-group of patients

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?

For more information contact imp2art@ed.ac.uk or visit our website www.edin.ac/aukcar-imp2art

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