

# Development of a patient-centred asthma review template to improve self-management in UK primary care

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## Introduction

- Asthma results in 6.3 million primary care consultations in the United Kingdom (UK) each year, and supported asthma self-management can improve asthma control and quality of life.
- Templates are frequently used in reviews to act as reminders and improve documentation, however, can affect patient-centred care and opportunities for patients to discuss concerns and self-management.
- Aim:** The **IM**plementing **IM**proved **A**sthma **s**elf-management as **R**ouTine (**IMP<sup>2</sup>ART**) programme aimed to develop a patient-centred asthma review template that encourages supported self-management.

## Methods

Aligned with the Medical Research Council (MRC) complex intervention framework, the multidisciplinary team developed a review template in three phases (Figure 1):

- Developmental phase*, which included qualitative exploration with clinicians and patients, a systematic review, and prototype template development
- Feasibility pilot phase*, with qualitative feedback from clinicians (n=7)
- Pilot phase*, delivering the template within the IMP<sup>2</sup>ART programme (incorporating the template, along with patient resources and professional education), and inviting feedback from clinicians (n=6).

## Results

- Template development was guided by the preliminary qualitative work which identified that templates can be poorly integrated with IT-systems.
- The systematic review identified a need to incorporate open-text/flexible options, more self-management questions and education, and to focus on patient-centredness.
- The prototype template was then developed for different clinical IT-systems; with an opening question to establish patient agendas; refined content (with optional fields); links to patient-information; a closing prompt to confirm agendas are addressed and an action plan provided.
- The feasibility pilot phase identified refinements needed, including changing the opening question to be asthma focused. The pilot ensured the template integrated with the IMP<sup>2</sup>ART programme.

## Conclusions

A multi-stage development process, aligned with the MRC framework, contributed to the development of the asthma review template. The IMP<sup>2</sup>ART programme is now being tested in a UK-wide cluster randomised controlled trial [ref: RP-PG-1016-20008].

### References

- Morrow S, Daines L, Wiener-Ogilvie S, et al. Exploring the perspectives of clinical professionals and support staff on implementing supported self-management for asthma in UK general practice: an IMP<sup>2</sup>ART qualitative study. NPJ Prim Care Respir Med. 2017;27(1):45. Published 2017 Jul 18. doi:10.1038/s41533-017-0041-y
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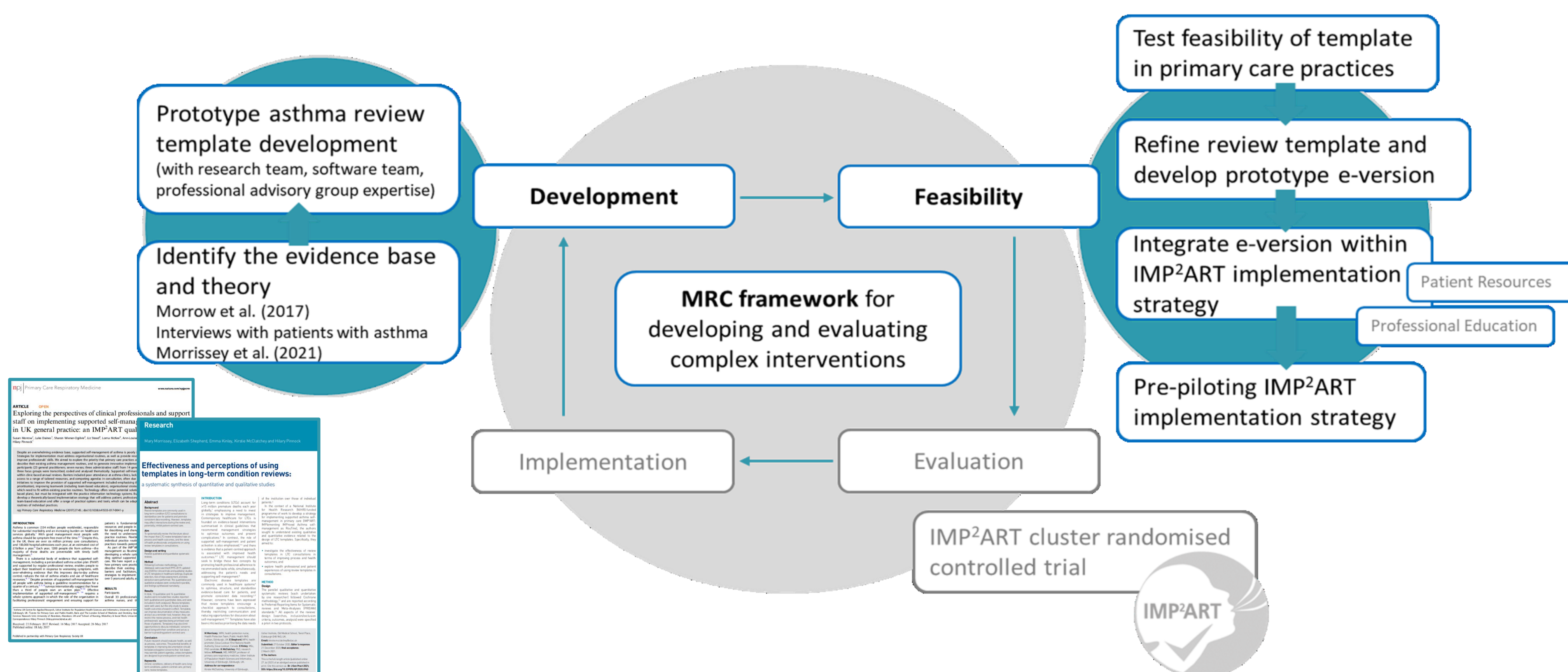


Figure 1. IMP<sup>2</sup>ART asthma review template development phases.