



Implementing improved asthma self-management as routine

Mixed method investigation of patients' views on resources to support self-management of asthma

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INTRODUCTION

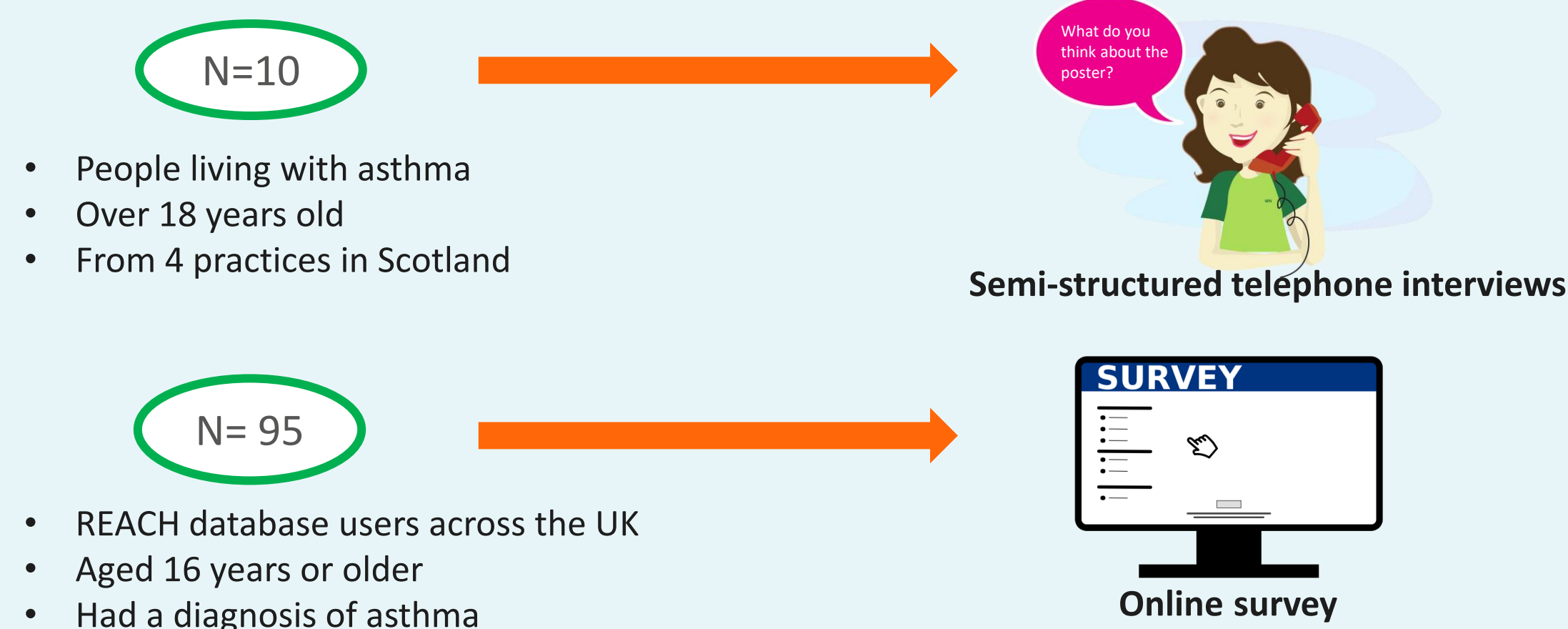
- Despite the effectiveness of supported self-management in controlling asthma, it is poorly implemented in UK primary care.
- To improve asthma self-management support, patients' needs should be considered, and the IMPLementing IMProved Asthma self-management as RouTine (IMP²ART) programme has developed patient resources to support people living with asthma.



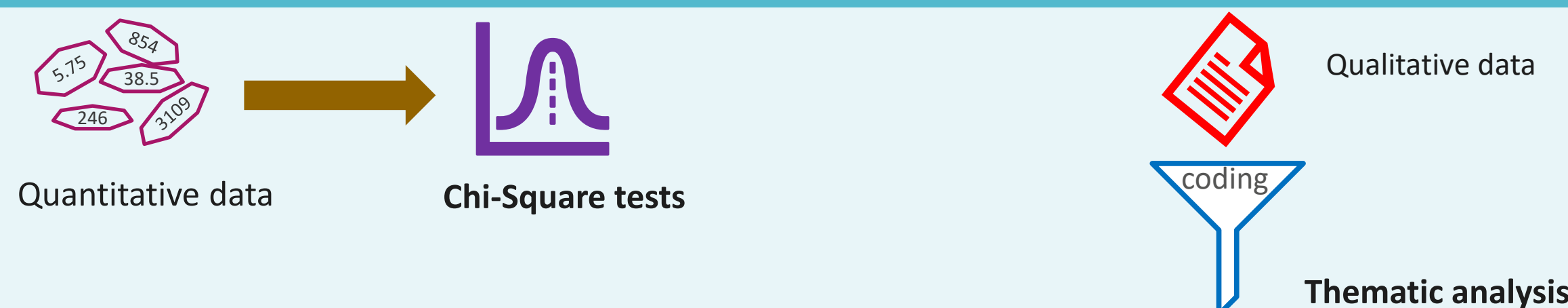
AIM

To assess **patients' information needs**, and **sources of information**, and explore their **feedback on IMP²ART resources** (a patient website, review invitation letters, waiting room posters)

METHOD



DATA ANALYSIS



RESULTS

Quantitative Results:

- 95 (62.9%) REACH database users responded.
- Unmet information needs were prevalent in 53.7% of the patients.
- General practices (75.7%) were identified as their preferred source of information followed by websites (61.1%).
- A need for further information about medication and symptom management of their asthma were expressed by 60% of respondents.

Qualitative Findings:

- IMP²ART resources were viewed positively due to their clear and informative content.
- Suggestions for improvement included design, increased emphasis on the importance of review attendance, and ensuring the website is seen as trustworthy.
- Interviewees were aware of the importance of self-management; though they identified gaps in knowledge that need to be addressed.



CONCLUSION

- Unmet information needs of asthma patients were highlighted in this study.
- To increase self-management utilisation, enhancing community awareness of asthma and its impact is pivotal.
- Suggested changes to the IMP²ART resources have been made, and the IMP²ART strategy (incorporating professional and organisational resources) is now being tested in a UK-wide cluster randomised controlled trial.

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