

Clinical Research Results Abstract

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Theoretically informed education to support asthma self-management in primary care: part of the IMP2ART programme

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Aim: The IMPlimenting IMProved Asthma self-management as RouTine (IMP2ART) programme is developing a whole-systems implementation strategy to improve the delivery of supported asthma self-management in routine primary care. We aimed to develop professional education that targeted barriers to implementation and developed professionals' skills in delivering tailored supported asthma self-management.

Methods: Underpinned by the Theoretical Domains Framework, a multidisciplinary team (educationalists, clinicians, health psychologists) along with a professional advisory group (n=10) developed two online educational packages, one for all primary care staff to be delivered in a team setting (Module 1), and one for clinicians who deliver asthma care (Module 2). During development, modules were tested in general practices using the think-aloud method (Module 1: n=17 across two practices; Module 2: n=6 across four practices). Additionally, four practices piloted Module 1, and three clinicians piloted Module 2.

Results: The modules were received positively in both the initial development testing and the piloting. The piloting of Module 1 highlighted challenges with team setting delivery, leading to a more flexible approach to delivery and individual access to the module. Module 2 feedback led to changes in wording to provide clarity, and additional explanation of included components. Run times of the modules were as planned. Changes have now been incorporated into the modules.

Conclusion: The finalised modules will be integrated with patient and organisational components of the IMP2ART UK-wide cluster-RCT (n=144 practices), evaluating the impact of the implementation strategy on unscheduled care, ownership of asthma action plans, and cost-effectiveness.

Declaration of Interest

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