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Title: The effect of a modified asthma education programme on hospitalized asthmatic children: a randomized controlled study

ABSTRACT

Background: Asthma is a chronic inflammatory disease of the airways causing increased re-admission to hospital in children. The current asthma education programme cannot reduce the re-admission rate effectively that a modified programme was developed to improve the situation.

Methods: A randomized controlled study was conducted to compare the effectiveness of the modified and the current programmes in children aged 2 to 15 years admitted with acute asthmatic attack. Recruited children and their parents were randomized at admission to either the modified group or the control group. The two forms of education programmes were delivered separately after admission. Information on health outcome measures was collected by phone interview on 3 months after discharge.

Results: There were statistically significant ($p < 0.01$) improvements in unscheduled visits to general practitioners, times of re-admission and patient satisfaction rate. Improvements were also noted in episodes of asthma attack and visits to emergency department, but the differences were not found to be statistically significant ($p < 0.05$) compared to the control group. Moreover, all participating parents showed satisfaction with either programme.

Conclusion: The modified education programme is more effective to control childhood asthma. As parents are the usual care-providers of children, their knowledge and understanding on the reasons why and how to cope with their children's asthma according to treatment regime are critical on the success of childhood asthma management.