

Testing the acceptability and feasibility of an intervention for young people with asthma

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1 Background

Asthma affects 1 in 11 young people (YP) in the UK (Barnish et al., 2015). Symptoms are effectively managed with preventer medication.

Adherence is key to minimising the negative impact of asthma (SIGN, 2019). However, suboptimal adherence is common in the UK; leading to an increase in asthma symptoms, exacerbations, and healthcare use (Mäkelä, et al., 2013)

Research so far...

- YP's adherence problems (Holley et al, 2016; Mosnaim et al, 2016) are often related to parents and YP not effectively negotiating transfer of responsibilities (Costello, et al., 2016; Duncan et al., 2013)
- YP highly influenced by peers - peers play key role in medication adherence (Ahmad & Sorensen, 2016)
- Currently no programme in the UK NHS to help YP with adherence

3 Methods

Study 1: Interviews and focus groups with 11 families/carers and 4 HCPs to adapt intervention: Inclusion Criteria, young people

- ... are between 8- 16 years of age
 - ... have a diagnosis of asthma
 - ... have been prescribed daily asthma preventer medication
- Plus, for study 2:**
- ... have had an asthma exacerbation within the last 6 months
 - ... parent/carer is willing to accompany YP to each session

Study 2: Asthma nurse tested PYTA-UK with 3 families. Four hybrid sessions were delivered across 4-6 weeks. After each session parents/carers, YP, and asthma nurse fill in online questionnaire about acceptability and feasibility.

2 Aim: To adapt the PYTA (Parent Youth Teamwork Approach) from the US to assist YP (aged 8-16 years) and parents to work together to promote adherence in taking asthma medication. Pre-test intervention delivery in NHS.

4 Results

Study 1

Feedback callouts from Study 1:

- "Tone is patronising."
- "Pictures not nice."
- "Unclear who is the target person."
- "Too much text."
- "Not enough information."
- "Too passive, long & boring."

Adapting intervention modules for Study 2 based on Study 1 results. Following aspects were addressed:

- Training manual for asthma nurses to deliver PYTA
- New module covers peer support & networks
- Modules shorter and more interactive
- Allow choice about what to work on

Parents/Carer Feedback

- "... be able to adjust YP's expectations to a more achievable level to their age."
- "...felt learning about YPs goals, discussing symptoms in depth and YP engaging was personal highlight"
- "... learnt better language to be more supportive with YP than nagging."

Young People Feedback

- "...quiz was the favourite part."
- "...sharing ideas, what was helpful/not helpful was great!"
- "Favourite part was being active, having laughs and getting told I was a superstar."

Study 2

Activity 2: Together with the nurse, discuss which goals you would like to reach. Sometimes it is not the right time or place to work towards a given goal. Often there are smaller goals you can work on that will make it easier to reach a big goal later on.

Asthma nurses as a support: An asthma nurse has specialist training in asthma treatment and management. It is important that you work together with your asthma nurse so you can make a plan to take care of your asthma in a way that suits your life and supports your health.

Setting Goals and Expectations: Asthma can have an impact on many aspects of your life. Think about something important to you that is currently difficult because of your asthma and medication.

- What do you need to achieve this goal?
- What resources do you need to help you do this?
- What do you expect from yourself?

Examples of goals:

- Have a sleepover at my friend's house and take my medication by myself.
- Keep my medication in my school bag to remember to take it at night.
- Meet my friends and not come back home on time medication.
- Play a sport and know when to take my medication to be fit for activity.

5 Conclusions

- Overall delivering PYTA in 4 session as hybrid intervention worked well within the UK NHS
- Positive feedback from families and from the asthma nurse regarding materials and feasibility of delivery
- Next steps include putting together a website to share intervention with stakeholders
- Test intervention efficacy via applying to further funding

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