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Self-Management Improves Asthma

Janson SL, McGrath KW, Covington JK, et al.: **Individualized asthma self-management improves medication adherence and markers of asthma control.** *J Allergy Clin Immunol* 2009, 123:840–846.

Rating: •Of importance.

Introduction: Adherence to asthma medications is essential for achieving asthma control and reducing exacerbations. This study examined whether self-management education improved medication adherence.

Aims: The aim of this study was to determine whether self-management education affects long-term adherence to inhaled corticosteroid therapy and markers of asthma control.

Methods: The study was a single-center, randomized controlled trial of 95 adults (ages 18–55 years) with moderate to severe persistent asthma conducted over 22 weeks. The patients were randomly assigned to receive individualized self-management education or usual asthma care. The three self-management intervention sessions occurred during 30 minutes and were provided by an advanced practice nurse or respiratory therapist who was a certified asthma educator. The sessions included general asthma education, assessment and correction of inhaler technique, initiation of an individualized action plan, and individualized environmental control strategies.

Results: Patients who were randomly assigned to the self-management group had greater inhaled corticosteroid adherence, improved perceived control of asthma, fewer nighttime awakenings, and a decreased need for inhaled β -agonists compared with those in the control group.

Discussion: This trial showed that individualized asthma self-management improves clinical markers of asthma and medication adherence.

Comments

Although this study examined an adult population, it provides further evidence that self-management skills should be considered by all clinics for their patients with asthma.

Acknowledgment

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Disclosure

No potential conflicts of interest relevant to this article were reported.