



Implementing supported asthma self-management in routine clinical care

What is IMP²ART? An NIHR funded programme of work developing and testing a practical strategy to help practice staff deliver supported self-management for asthma as part of routine care.

Why is IMP²ART important? Because supporting people with asthma to self-manage improves control and reduces acute attacks (and thus the need for unscheduled care) – but is challenging to fit into the busy routines of general practice.

How can practices get involved? We are looking for practices to participate in a UK-wide randomised controlled trial which will evaluate the clinical and cost effectiveness of the IMP²ART strategy in routine clinical care.

What is the commitment? This depends which group the practice is allocated to (IMP²ART or control):

IMP²ART practices will be provided with tailored resources which emphasise the importance of supported self-management. These resources will be targeted at patients (e.g. a range of asthma action plans), professionals (online education package to develop skills in delivering asthma care) and at the practice (IMP²ART-customised audit and feedback reports and review templates). Facilitators will help practices with implementation of the strategy which is designed to fit into existing asthma reviews so it should not be a significant burden on staff time – and may even reduce unscheduled asthma appointments. Control practices will continue with usual care (though will be able to access the training and resources at the end of the 2-year trial).

Data collection. The primary outcome is taken from routine data which will be extracted by (fully GDPR-complaint) Optimum Patient Care (OPC). No patient identifiable information is ever accessed by anyone other than practice staff. Some practices will be asked to mail questionnaires to about 50 people with asthma. A few practice staff will be invited to participate in interviews or allow observation of activities (but no obligation to take part).

Do you have some questions? Please contact us on IMP2ART@ed.ac.uk. We would be pleased to answer them

Participating practices will be paid by the research team:

- £80 per hour for GP participation
- £23.21 per hour for Practice Managers & Nurses

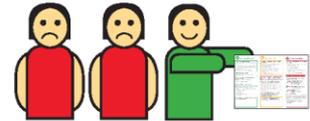


IMPlimenting IMProved Asthma self-management as RouTine

Asthma causes **6.3 million** GP consultations a year, and **60,000** hospital admissions.

Supported self-management for asthma reduces attacks and improves asthma control.

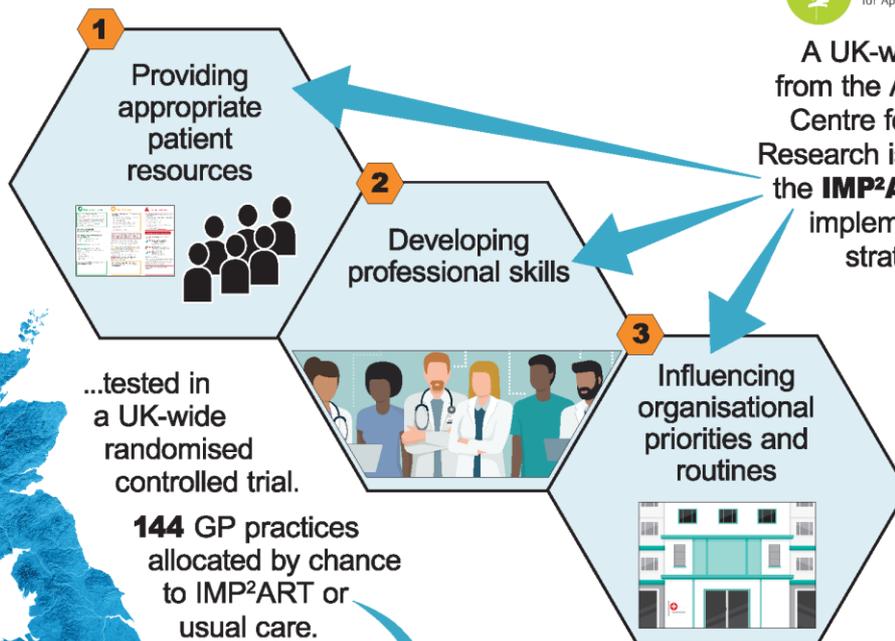
BUT...



Only **1 in 3** people with asthma in the UK has an asthma action plan.

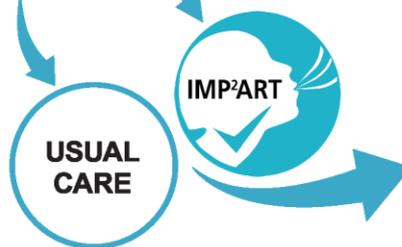


A UK-wide team from the Asthma UK Centre for Applied Research is developing the **IMP2ART** 3-level implementation strategy...



...tested in a UK-wide randomised controlled trial.

144 GP practices allocated by chance to IMP2ART or usual care.



Did IMP2ART work?

- Did it increase the number of action plans provided?
- Did IMP2ART reduce unscheduled care?

How much did it cost?

How did it work?

