



Implementing improved asthma self-management as routine

# Co-developing a qualitative study with expert patients to explore experiences of supported asthma self-management in the IMP2ART trial



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## Aim

To co-develop research themes with Patient and Public Involvement (PPI) colleagues to inform the design of a qualitative patient interview study to be conducted within the IMPLementing IMProved Asthma self-management as RouTine (IMP2ART) trial.

## Introduction

The IMP2ART trial is testing the effectiveness of a strategy to improve implementation of supported self-management in general practice. It is focused on general practice.

We worked with PPI colleagues to **explore how a study should be conducted to capture patient experiences.**

## Methods

- 8 colleagues purposively recruited from the Asthma UK Centre for Applied Research PPI group.
- Online, 1-hour, semi-structured discussions were recorded.
- Colleagues responded to and provided feedback on a draft interview schedule and registration form.
- Discussions were inductively and thematically analysed.

## Results

*During the pandemic there was a couple of times I should have done but refused to [go to hospital] 'cause of COVID. And then I ended up getting COVID over Christmas and Christmas Eve was another time that I should have done it, but I didn't want to be away from my children on Christmas, you know, they were young.*

Healthcare usage not aligned to perceptions of asthma control. Self-management encompassed lifestyle beyond medication adherence. **Patients make trade-offs to avoid unscheduled care** to manage asthma in the context of their lives.

*So yeah, people go to fairly big lengths to avoid going to hospital, but whereas oral steroids, I think you'd see a lot more people saying that they'd taken them.*



P5

*Really well controlled. But, I... believe it's well controlled by me and it's not well controlled by my uh physician. And I recently had a new asthma nurse, who just really doesn't get what I'm doing and why, which... I don't find that particularly helpful*



P7

Not all patients viewed professional support for self-management as essential **Guidance is not routinely welcomed**, though **action plans** generally **considered useful**.



P6

*"I wouldn't often look at my plan [...]. But I do know what it says because like, it is helpful to me. So that you know where I know now, like in my own memory.*

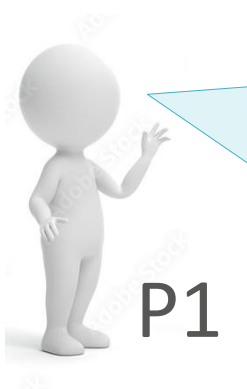
## Conclusions

Discussion with PPI colleagues led to **four themes on supported self-management** to explore in future research:

- ① diverse perceptions of well-controlled asthma
- ② mixed ideas of expertise and responsibility
- ③ tick-box reviews as a barrier to self-management
- ④ value of action plans

Collaborating with PPI colleagues on study plans and research themes enhanced relevance of research and informed an initial analysis framework.

Most participants described the **asthma review as a tick box exercise** and did not feel listened to by their asthma nurse or GP.



P1

*It seems more like a tick list than a kind of dialogue [...]. She's a nice nurse and I've known her for several years, but it feels a bit, kind of routine and ticklist-y. [...]  
And if I start talking about certain things, I feel that they're not, you know... she wants to get on to the next box to tick.*

Ideal relationship with healthcare professionals is a **partnership: patients bring expertise** of their own asthma and **professionals contribute resources and specialist knowledge.**



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