



Implementing the Reach for Control Intervention for Youth with Asthma: Exploring Caregivers' Impressions

WAYNE STATE
School of Medicine

Madeleine Reardon, BA; April Idalski Carcone, PhD, MSW; Deborah Ellis, PhD
Department of Family Medicine and Public Health Sciences

Introduction

The Challenge:

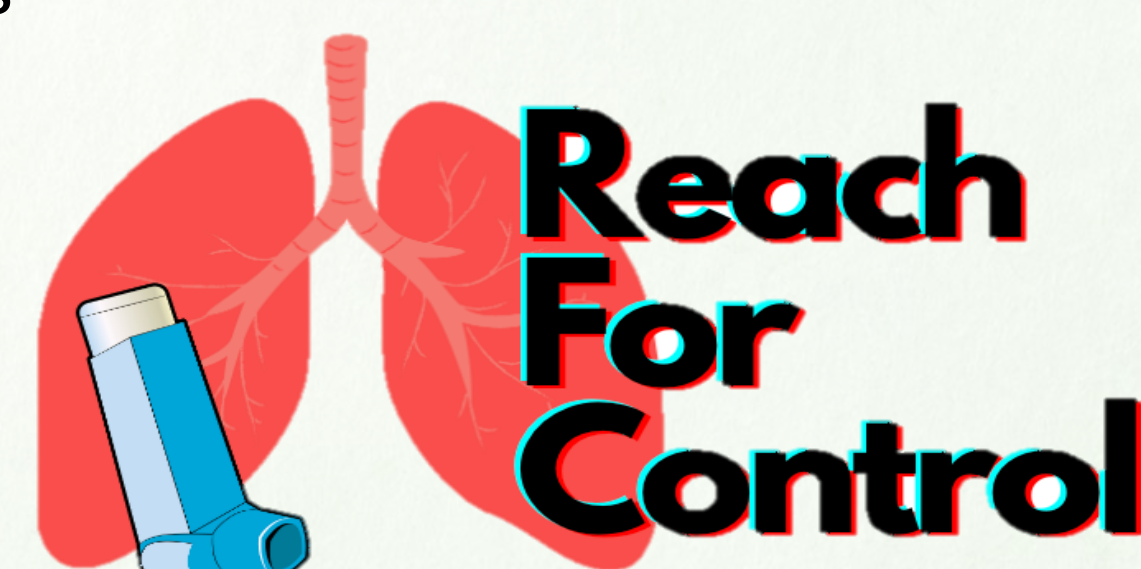
- ❖ Adolescents with asthma are at increased risk for poor illness management compared to younger children leading to frequent emergency department visits or hospitalizations.
- ❖ Inner-city Black adolescents are at the highest risk for functional morbidities and mortality related to asthma

The Gap:

- ❖ Lack of clinical research trials targeting asthma management in Black adolescents with poorly controlled asthma
- ❖ Current studies on the population have methodological limitations and or limited effects on objective health outcomes

The Solution:

- ❖ Reach for Control (RFC)
 - ❖ Home-based, family intervention
 - ❖ Transitioned to virtual delivery in Summer 2020
 - ❖ Bi-weekly sessions over six months
 - ❖ Delivered by community health workers (CHWs) from Kids Health Connection
 - ❖ Focuses on improving asthma management among Black youth with ≥2 ED visits
 - ❖ Targets individual, family and community system causes of poor adolescent asthma management



Objective

To explore caregivers' impressions of and feedback on RFC, including delivery approach, location and content.

Acknowledgements

Research reported was supported by National Heart, Lung and Blood Institute of the National Institutes of Health. The content is solely the responsibility of the authors and does not necessarily represent the official views of the NIH.

Methods

Participants:

- ❖ Caregivers (N=45) enrolled in a randomized clinical trial testing the effectiveness of RFC

Measurement:

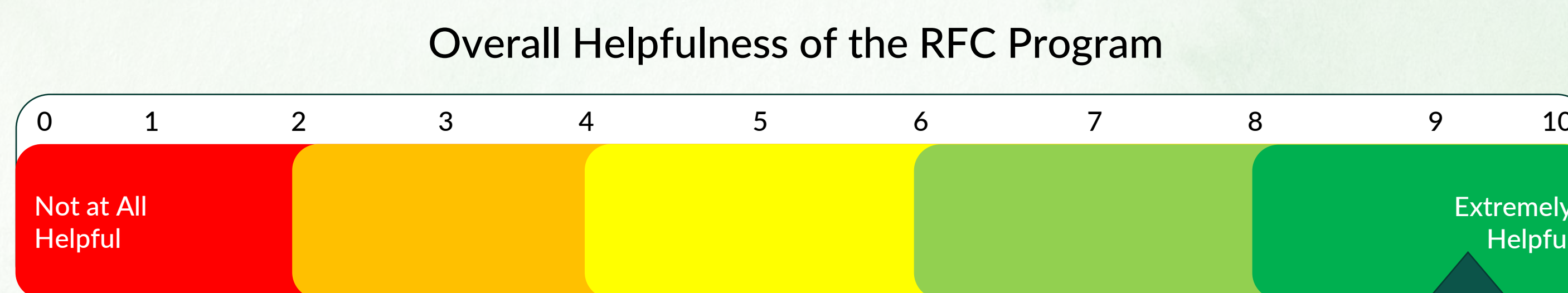
- ❖ Semi-structured qualitative interviews
 - ❖ Combination of open- and closed-ended questions
 - ❖ Conducted by trained research assistants
 - ❖ Audio-taped and professionally transcribed

Data Analysis:

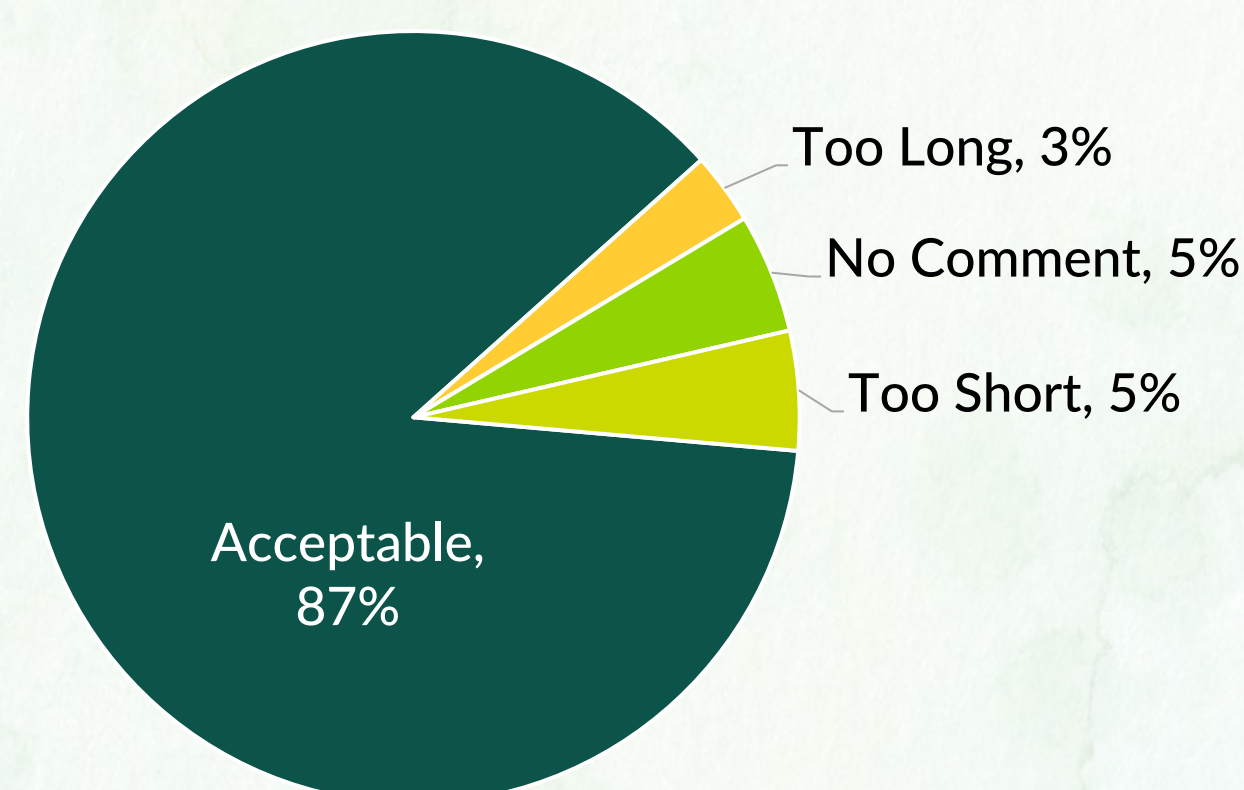
- ❖ Conventional content analysis
- ❖ Two coders
- ❖ Consensus coding

Results

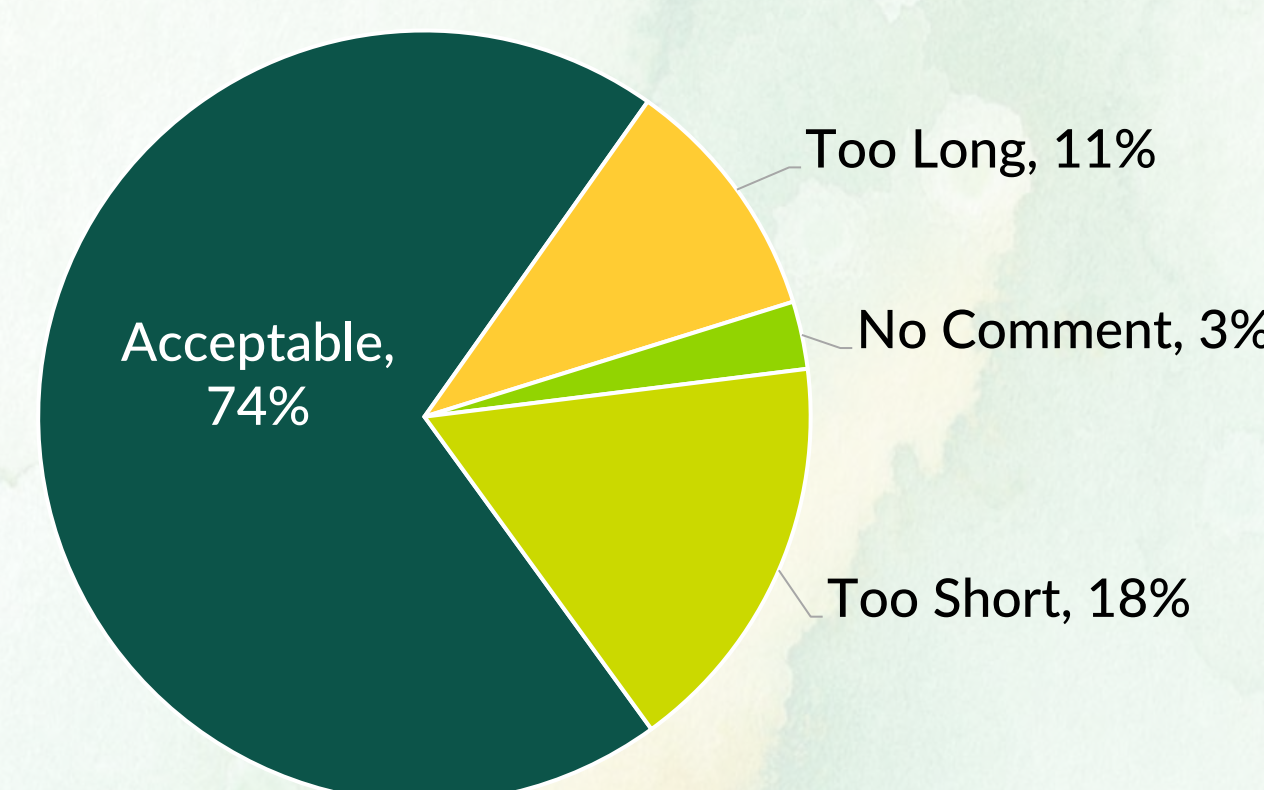
Caregiver Feedback on the Intervention



Intervention Duration



Session Frequency



Most Helpful Sessions

- 42% School Action Plan
- 24% Asthma Education
- 8% Communicating with the Healthcare Provider
- 5% Medication Education

Least Helpful Sessions

- 11% School Action Plan
- 5% Communicating with the Healthcare Provider
- 3% Housing

Results

Themes

Intervention Content

- ❖ Interesting
- ❖ Informative
- ❖ Comprehensive
- ❖ Most valued content
 - ❖ Demonstrations of asthma care skills
 - ❖ Written materials
 - ❖ Asthma knowledge and skills
 - ❖ Addressing environmental triggers
 - ❖ Communication skills

"Every week after our session, she would ask if I had questions, and I hardly had any questions because she had already answered them."

Intervention Delivery & Logistics

- ❖ Home-based location
 - ❖ Convenient
 - ❖ Comfortable
 - ❖ More personal experience
 - ❖ Saved time and money

"I worked and he played basketball, so our Saturday session were very convenient."

Attendance Barriers

- ❖ Expected (vacations, work, school) and unexpected life events (deaths)
- ❖ Interruptions and distractions in the home

Agency & CHW Feedback

- ❖ CHW source of
 - ❖ Emotional support
 - ❖ Asthma knowledge and understanding
- ❖ CHW engaged entire family in treatment

"She was checking in on us, making sure we were okay. Especially once my dad died and then my grandma died, she was very diligent on checking on our thoughts. That wasn't about the asthma, per se, it was just a consideration that I was grateful for."

Suggestions for Improvement

- ❖ Content Areas
 - ❖ Emotional coping
 - ❖ Social support around asthma
 - ❖ Fitness education
- ❖ CHW/Agency
 - ❖ Scheduling challenges
 - ❖ CHW reliability

"Well, the other part, I just wanted to know if they had groups where kids her age can communicate with each other. That might help her better too."

Conclusion

- ❖ Overall, caregivers found the program helpful and valuable for improving asthma management.
- ❖ Caregivers valued RFC's educational content, at-home session delivery, and engagement with the CHWs.

Public Health Considerations

- ❖ Home-based delivery facilitates attendance and eliminates participation barriers increasing reach.
- ❖ CHWs increased caregivers' engagement in care supporting their effectiveness as an intervention agent.