

Influence of patients' education on their Asthma control

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON24154

Source

NTR

Brief title

N/A

Health condition

patients with asthma diagnosed for more as 1 year

Sponsors and support

Primary sponsor: University Hospital UZ Brussels

Laarbeeklaan 101

b-1090 Brussel

Belgium

Source(s) of monetary or material Support: none

Intervention

Outcome measures

Primary outcome

As primary end point we will use the asthma control test (ACT), Asthma Control Questionnaire ACQ -score

Secondary outcome

secondary common lung function parameters Forced expiratory volume in one second (FEV1) and fraction of expired nitric oxide (FeNO) pre and post education and instructions.

Study description

Background summary

Background: Despite the availability of effective treatments aimed at controlling asthma symptoms, up to 50% of patients with asthma remain poorly controlled. Several studies in the US, UK and other European countries among adults and children with asthma suggest that education and information of an asthmatic patient is the cornerstone of therapy adherence. Successful asthma management is 10% medication and 90% education.

Objective: The aim of this study is to evaluate the level of asthma control of patients seen at the pneumology out-patient clinic of the University Hospital of Brussels and to determine if education on the inhalation technique and information about their therapy could influence asthma control.

Methods: After their usual normal consultation procedure, including routine lung function measurements, patients will be asked to participate in this educational study. After informed consent is obtained, subjects are interviewed to determine their demographic characteristics, asthma history, asthma control by the validated Asthma Control Test score (ACT)¹⁷, Asthma Control Questionnaire (ACQ)²³ and knowledge about their disease and treatment. After completing the survey, routine actions on consultation pneumology will continue: including a supplementary check of inhaler technique. One out of two randomized patients will get a brief specific add on session for about 10 minutes, of inhalation education and information about their therapy, eg. medication use (group one). The other group (group two) will continue their usual normal consultation procedure. All patients will be asked to return after 3 months at their normal next visit, to the out-patient clinic to redo routine lung function measurements, asthma control questionnaires and check of inhaler technique. Acquired data will be statistically analyzed.

Study objective

The aim of this study is to evaluate the level of asthma control of patients seen at the pneumology out-patient clinic of the University Hospital of Brussels and to determine if education on the inhalation technique and information about their therapy could influence asthma control.

Study design

During the same session we will ask all patients to return to the out-patient clinic after 3 months at their normal follow-up visit for visit 2.

Intervention

One out of two randomized patients will get a brief specific add on session for about 10 minutes, of inhalation education and information about their therapy

Contacts

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Eligibility criteria

Inclusion criteria

- a) Patients have to be 18 years or older,
- b) Diagnosed with asthma (recorded diagnosis in accordance with GINA criteria for asthma) for more than one year and

c) Receiving a maintenance therapy with Inhaled Cortico Steroids. (ICS)

Exclusion criteria

- a) Prior enrollment in the study and
- b) Patients who can't read or write Dutch, French or English.
- c) Recent (within six weeks) an asthma exacerbation
- d) current smokers with an history of 5 pack years

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-09-2013
Enrollment:	100
Type:	Anticipated

Ethics review

Positive opinion	
Date:	19-08-2013
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL3967
NTR-old	NTR4126
Other	:
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

N/A