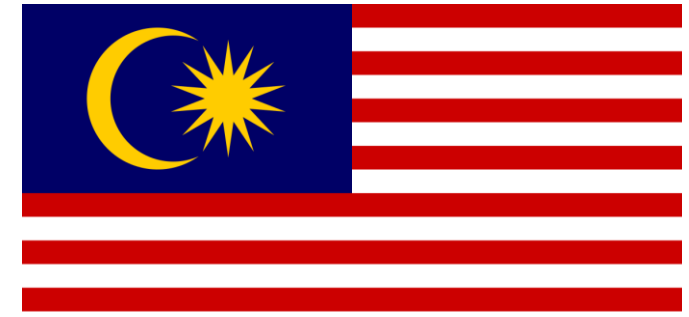


# Abstract Presentations

## 2. Kamilla Ramdzan, UK





# Culturally Tailored school-based intervention for Asthma in Malaysia (CuT-AsthMa): A feasibility study

**Kamilla Ramdzan**

*23 May 2020, IPCRG online abstract presentation*



# Rationale of CuT-AsthMa programme

- School-based intervention for self-management of asthma improves asthma outcome<sup>1</sup>



## Childhood asthma in Malaysia

- Prevalence is one in every 11 children
- Poorly controlled asthma reported up to 90%<sup>2,3</sup>
- Universal Health Coverage and free treatment school children
- 2/3 of children with asthma had no regular follow-up<sup>2</sup>
- 12% had controller medication and 35% had rescue medication<sup>2</sup>
- Misperception of asthma and asthma medication<sup>4</sup>

## CuT-AsthMa: a feasibility study

### **AIM :**

To assess the feasibility of implementing the CuT-AsthMa programme and estimate the effectiveness of the intervention to inform a future trial.

### **METHODS:**

- This feasibility study will be conducted in a primary school in Port Dickson, Malaysia.



# Development of CuT-AsthMa

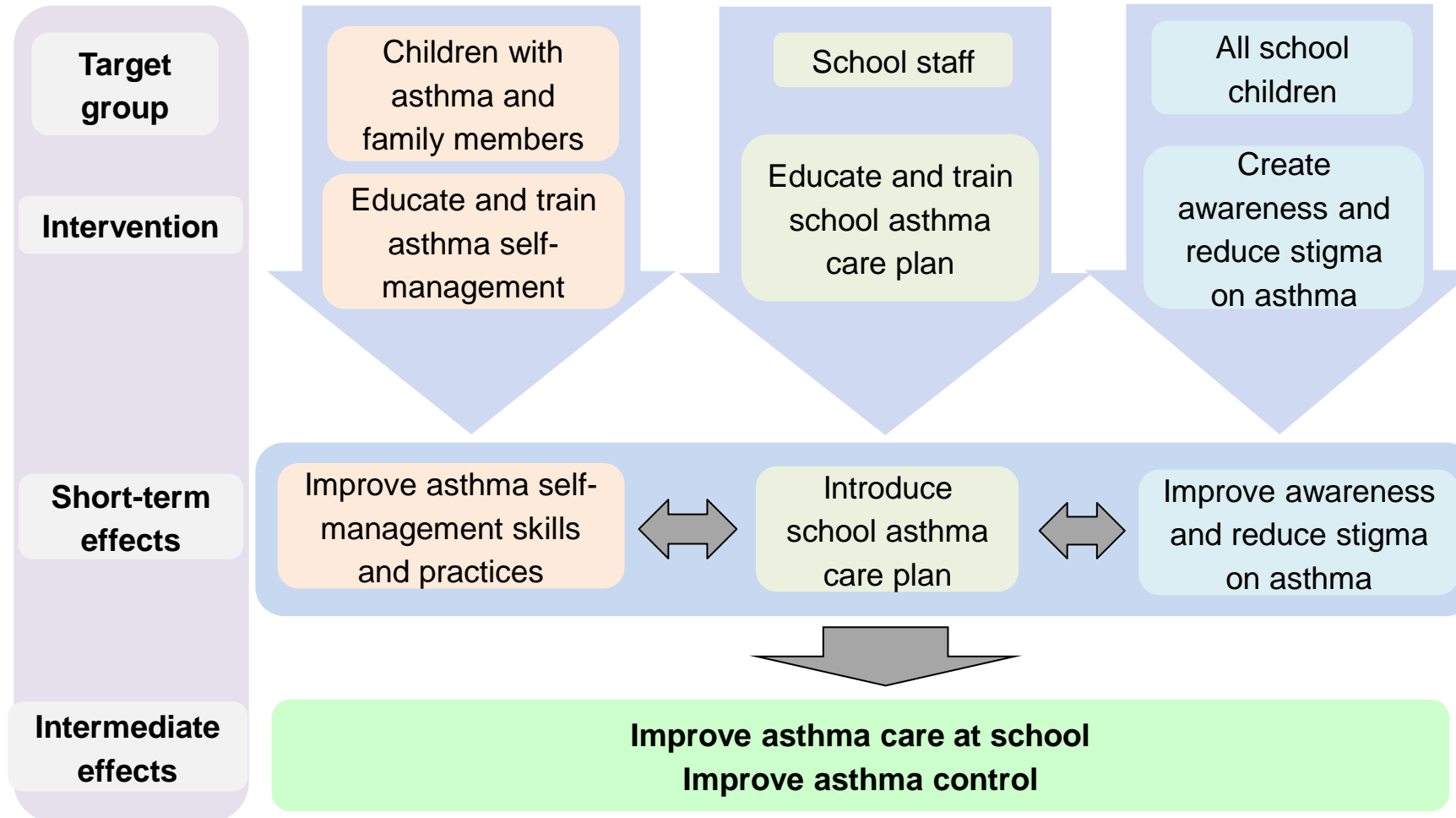


Figure 2: Logic model of the CuT-AsthMa intervention using socio-ecological theory

# CuT-AsthMa programme

## School Asthma Action Plan



SAFE ZONE	
No asthma symptoms - Easy to breathe, no cough or wheeze	<ul style="list-style-type: none"><li>• Children to bring rescue inhaler to school</li><li>• Encourage children to do physical activities</li><li>• Some may need to use rescue inhaler (via spacer) before physical activities</li><li>• Avoid trigger factors e.g. haze, smoke</li></ul>
WARNING ZONE	
Has asthma symptoms - cough, difficulty breathing, wheeze or chest tightness	<ul style="list-style-type: none"><li>• Sit the child up</li><li>• Give rescue inhaler via spacer (2 puffs)</li><li>• Inform parents</li><li>• Stay with the child and watch for worsening symptoms</li><li>• If back to normal, allow child to resume activities after 30 minutes</li><li>• Call parent if no improvement</li><li>• Repeat use of rescue inhaler while waiting for parent to arrive after 30 minutes</li></ul>
DANGER ZONE	
Danger signs - difficulty talking, breathless, blue or pale	<ul style="list-style-type: none"><li>• Give rescue inhaler via spacer (6 puffs over 15 minutes)</li><li>• Call the ambulance (999) or send the child to nearest clinic/hospital immediately</li><li>• Inform parents and repeat use of inhaler until child gets medical attention</li></ul>

Key elements of the intervention are:

- A school asthma action plan disseminated using posters/pamphlets, social media and interactive training sessions.
- Frequent brief sound bites, tips and reminders to increase participation of the intervention and create awareness of asthma.
- Educational videos of self-management to aid delivery and dissemination of the intervention

## Feasibility study - Outcomes

### Feasibility of CuT-AsthMa

- Quantitatively - participation and dropout rates, reported adherence to school management plan
- Qualitatively - interviews exploring the perspective of the school community and healthcare professionals regarding CuT-AsthMa

### To estimate potential outcomes for a future trial

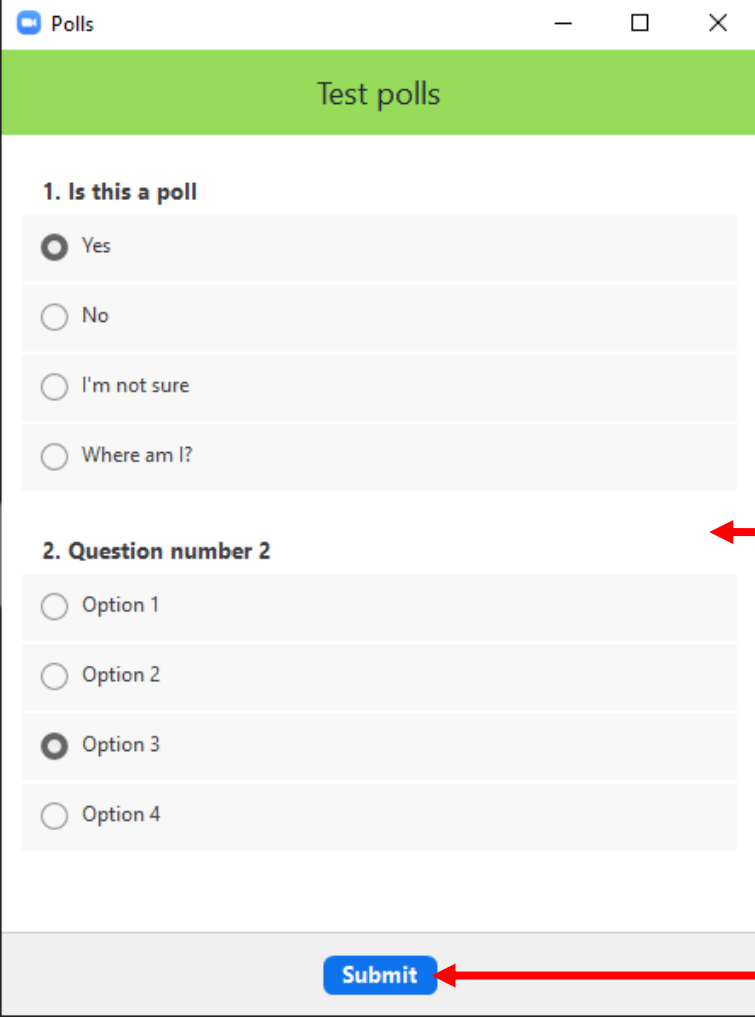
- Asthma control 3-months post-intervention using symptom scores and other asthma-related health outcomes e.g. school absenteeism, unscheduled medical visits, hospitalisation and reported involvement in physical activities.
- The documentation of the number of asthma attacks and adherence to the school action plan will also be assessed from school records.

## Questions to discuss

- What is the most important outcome?
  - How to attract parents to be involved in the intervention?
  - How to link with primary healthcare services?
  - How do you deliver school-based intervention remotely?
- 
- Please email for suggestions/questions?
  - Email: [sitinurkamilla@um.edu.my](mailto:sitinurkamilla@um.edu.my)



# Can you please help me by answering this question..



The screenshot shows a web browser window titled "Polls" with a green header bar containing the text "Test polls". Below the header, there are two questions. The first question is "1. Is this a poll" with four radio button options: "Yes" (selected), "No", "I'm not sure", and "Where am I?". The second question is "2. Question number 2" with four radio button options: "Option 1", "Option 2", "Option 3" (selected), and "Option 4". At the bottom of the form is a blue "Submit" button.

← Select your responses

← Press the submit button to complete the survey



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**Thank you!**

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