



Service Priorities and Programmes
Electronic Presentations

Convention ID: 1277

Submitting author: Ms NG SZE KA

Post title: Advanced Practice Nurse, UCH, KEC

Developing an Evidence-based Mobile Apps guideline in Asthma Education for Paediatric Patient

*Ng SK, Cheng KY, Shek MY, Li TY, Young MW, Lam YY, Tsang YP, Chiu WK, Ma PK
Department of Paediatrics & Adolescent Medicine, United Christian Hospital*

Keywords:

Evidence-based

Mobile Apps

Asthma Education

Paediatric

Introduction

Asthma is a chronic respiratory disease affecting people of all ages and frequently starts in childhood. Education intervention is an essential component of asthma management. However, traditional pamphlet for children does not show effective in health education nowadays. The gamification asthma education kit was found the significant appear on decreasing readmission rate. For continue quality improvement, electronic educational approach is added to deliver health education. Therefore, a clinical evidence-based protocol is the best way to support best practices for asthma management and set up a standardized approach to guide the mobile Apps development.

Objectives

(1) to develop an evidence-based intervention protocol for educating children admitted in hospitals due to wheezing or asthma; (2) to evaluate the effectiveness of the intervention on health outcomes and knowledge of children and their parents.

Methodology

Before developing evidence-based protocol, an integrated review was conducted to determine the effectiveness of an asthma education program in asthma management. A randomized controlled trial (RCT) will be conducted to evaluate the effectiveness of the education program on children and their parents. Outcome measures will be categorized as: (1) level of steroid phobia; (2) asthma knowledge score; (3) number of unscheduled doctor visit; (4) asthma control; (5) quality of life

Result

Results:

The nursing protocol will be conducted in a pediatric admission ward in a public hospital in Hong Kong. Two key components were included into the education: (1) knowledge education session, and (2) discussion with children and their parents to give advice on self-management. A multimedia delivery method with game-based approaches will be adopted in the asthma education program for children and their

parents. The education program consists of 2 parts: (1) a 20-minute game-based training session; (2) a 30-minute discussion session. The mobile apps will introduce in the training session that also for home use.

Conclusion

Asthma is common disease in children. A game-based approach educational program will be effective in reducing number of unscheduled visits to hospitals, enhancing their knowledge on asthma and its management. The application of mobile Apps that can effective and standardize the health education quality.