

A NATIONAL TRAINING PROGRAMME FOR FRENCH PHARMACISTS ON "THERAPEUTIC EDUCATION OF ASTHMATIC PATIENTS"

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Context and objectives

In the recent guidelines on asthma treatment, patient therapeutic education is recommended as an integral part of the management of this disease.

A study implemented in 1999 by the French pharmacists' health education committee (CESPHARM)^(a) in 51 French pharmacies showed that the education of asthmatic patients by pharmacists resulted in improving:

- ▶ the correct use of inhaler delivery systems,
- ▶ the patients' skills in managing their treatment,
- ▶ their knowledge about asthma.

We have developed a practical training programme to involve pharmacists in the education of asthmatic patients. Community pharmacists should:

- ▶ facilitate and improve adherence to controller medications,
- ▶ teach and assess patients' inhalation technique,
- ▶ promote asthma control monitoring and assessment,
- ▶ encourage patients to identify and avoid triggers,
- ▶ help patients to manage their asthma in the context of their daily lives.

(a) F. Guillier, F. Blanchet and I. Momas: An education program in French community pharmacy for patients with asthma: a pharmaceutical care experience, 60th International Congress of FIP, August 2000 - Vienna, Austria.

Training programme

Partners:

5 national organizations:

- French pharmacists' health education committee (CESPHARM)
- Continuing education association for French pharmacists (UTIP-FPC)
- French committee against respiratory diseases (CNMR)
- French-speaking society of pneumology (SPLF)
- Asthma and Allergy association

→ *Design, expert evaluation, coordination, implementation, logistic*

5 pharmaceutical companies involved in asthma care:

Astrazeneca, GSK, HRA-Pharma, Meda Pharma and Novartis

→ *Supply of inhalation devices and education materials*

Sponsoring:

The training programme will be entirely sponsored by professional organizations in charge of financing continuing education intended for French community pharmacists.

Content:

Each training session (one day) will include:

- ▶ **an introductory lecture** on asthma and asthma care (in accordance with the 2007 update of the Global Initiative for Asthma – GINA^(b) – guidelines)
- ▶ **3 workshops about:**
 - demonstration and assessment of inhalation techniques
 - assessment of asthma control
 - education of asthmatic patients (reduction in allergen exposure, adherence to asthma therapy, compliance monitoring ...)
- ▶ **a closing lecture** to underline the different levels of the pharmacist's contribution to the education of asthmatic patients.

The contents of this training programme have been approved by the professional committee in charge of evaluating the quality of continuing education programmes intended for French community pharmacists.

^(b) Global Initiative for Asthma : Global strategy for asthma management and prevention, 2006. Date last updated: December 2007



Design and distribution of specific tools for the participants:

A technical memo (professional information)

In accordance with the International and French guidelines on asthma care, a technical memo is currently being designed and will be published by the CESPHEM. This memo will update knowledge about asthma and provide practical information at each level of the pharmacists' intervention.

Practical tools to help pharmacists in the various aspects of their intervention:

► Demonstrate and assess inhalation techniques

- written materials describing the proper use of each inhalation device
- checklists to assess patients' inhalation technique
- a videotape presentation illustrating the correct technique of each inhaler
- a kit of placebo inhalers

► Assess asthma control

- the "Asthma Control Test®" – ACT (validated questionnaire recommended in the current GINA guidelines)
- written materials describing the proper use of peak flow meters

► Educate asthmatic patients

- a poster illustrating an asthmatic bronchus (compared with a healthy bronchus)
- leaflets to be given to patients with asthma

Practical organization:

1,800 pharmacists from 40 areas of France are expected to be trained between July 2008 and December 2009. The first two training sessions took place in July 2008, respectively in Pontault-Combault (near Paris) and in Bordeaux.

Assessment:

A twofold evaluation of this training programme has been planned:

- Knowledge on asthma and asthma care: Acquired knowledge will be evaluated by filling out the same questionnaire before and after each session. The questions concern asthma characteristics, treatments, asthma management and prevention, warning signs of insufficiently controlled asthma.
- Satisfaction: Participants' satisfaction will be assessed by a questionnaire filled in after each session.

Mon test de contrôle de l'asthme*

Il s'agit d'un questionnaire simple, en 5 questions, reflétant les conséquences de la maladie sur votre vie quotidienne. Il comporte des questions sur les symptômes et les activités permettant de faire le point sur la bonne maîtrise de votre asthme.

Ce questionnaire sur le contrôle de l'asthme peut aider les personnes asthmatiques (à partir de 12 ans) à évaluer le contrôle de leur asthme. N'oubliez pas de discuter des résultats avec votre médecin.

Consultez votre médecin et apportez lui les résultats.

Déterminez votre score de contrôle de l'asthme

Étape 1 : entourez votre score pour chaque question et reportez le chiffre dans la case à droite. Veuillez répondre aussi simplement que possible. Ceci vous aidera, votre médecin et vous-même, à mieux comprendre votre asthme.

✓ Au cours des 4 dernières semaines, votre asthme vous a-t-il gêné(e) dans vos activités au travail, à l'école/université ou chez vous ?	Tout le temps	La plupart du temps	Quelquefois	Rarement	Jamais	Points
1	2	3	4	5		

✓ Au cours des 4 dernières semaines, avez-vous eu des épisodes ?	Plus d'une fois par jour	Une fois par jour	3 à 6 fois par semaine	1 ou 2 fois par semaine	Jamais	Points
1	2	3	4	5		

✓ Au cours des 4 dernières semaines, les symptômes de l'asthme (toux, essoufflement, oppression ou douleur dans la poitrine) vous ont-ils réveillés la nuit ou plus tôt que d'habitude le matin ?	4 nuits ou + par semaine	2 à 3 nuits par semaine	Une nuit par semaine	1 ou 2 fois en tout	Jamais	Points
1	2	3	4	5		

✓ Au cours des 4 dernières semaines, avez-vous utilisé votre inhalateur de secours ou pris un médicament par rapport à vos symptômes habituels ?	3 fois par jour ou plus	1 ou 2 fois par jour	2 ou 3 fois par semaine	1 fois par semaine ou moins	Jamais	Points
1	2	3	4	5		

✓ Comment évaluez-vous votre gestion de votre asthme ?	Très peu contrôlé	Un peu contrôlé	Bien contrôlé	Totalement contrôlé	Points
1	2	3	4	5	

Étape 2 : additionnez vos points pour obtenir votre score total.

Bien vivre avec son asthme c'est avoir un asthme contrôlé.
Si votre score est à moins de 20, votre asthme n'est peut-être pas contrôlé. Consultez votre médecin et apportez lui les résultats de ce test pour en discuter avec lui.

Asthme & Allergies

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Conclusion

This training programme should help pharmacists to get involved in the therapeutic education of asthmatic patients by updating their knowledge on asthma care and developing practical skills and specific attitudes.

Thanks to the training programme, pharmacists should contribute to asthma management by providing asthmatic patients with suitable therapeutic education in order to help them to better manage their disease.

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