



Understanding Implementation Through Process Evaluation: Insights from the IMPlimenting IMProved Asthma self-management as RouTine (IMP²ART) in primary care.



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Implementing improved asthma
self-management as routine

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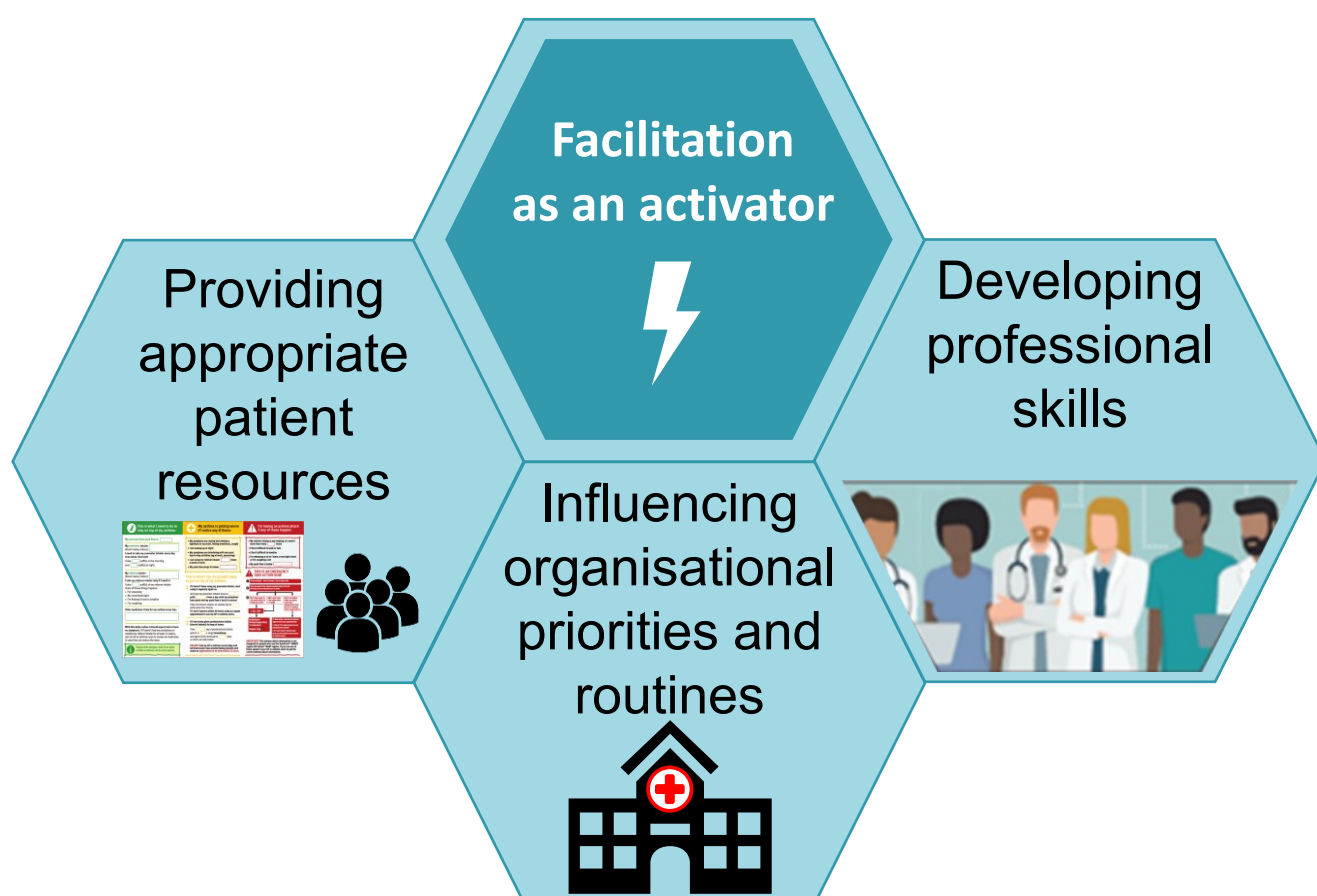
Background

Supported self-management for people with asthma reduces the burden on patients, health services and wider society. Implementation, however, remains poor in routine clinical practice.

IMP²ART is a multidisciplinary, theoretically-informed strategy which includes patient resources, professional education, and organisational strategies to improve the implementation of supported self-management in UK primary care.

The impact of the IMP²ART strategy is being tested in a UK-wide cluster randomised implementation trial.

IMP²ART Implementation Strategy



Early insights from the process evaluation on the delivery and response to a whole systems implementation of supported asthma self-management in primary care.



Facilitation with trained asthma nurses was a catalyst for implementation.



IMP²ART provided a focus for some practices to consider their asthma care.



Practice culture influenced implementation.



Audit promoted review of organisational processes and monitored progress for some practices.

Methods

144 GP practices were recruited across Scotland and England, with 73 randomised to the implementation arm and 71 to the control arm.

Data are being collected from implementation practices on practice context and IMP²ART delivery and response.

A case study of longitudinal interviews with practice staff and observations (n=5 practices) and interviews with other implementation and control sites are exploring interactions of context, delivery and response.

Synthesis, informed by theory, combines both qualitative and quantitative data. Final results expected autumn 2025.

Involvement of people with lived experience

People with lived experience of asthma have been colleagues in the IMP²ART team from conception through to interpretation.

They are currently helping us place findings in the context of patient experiences and highlighting areas for further exploration.

Sustained implementation of supported asthma self-management will benefit both patients and healthcare services if it improves control reduces asthma attacks.



For more information contact imp2art@ed.ac.uk or visit our website www.edin.ac.uk/aukcar-imp2art

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