

APPLICATION OF SELF-MANAGEMENT CONCEPTS IN CHILDHOOD ASTHMA

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Self-management planning and follow up can improve health outcomes for adults (1) and children following hospitalisation with asthma (2). Advice to practitioners about how to promote self-management has focused on adults rather than children (3). This paper will consider application of self-management concepts in childhood asthma. The paper draws on a programme of research into the theory and practice of self-management of chronic illness in childhood, including in-depth interviews with 25 children aged 9-16 years and their carers (4) and a survey of self-management plans in UK centres (5). The “self” in childhood self-management is examined and various roles taken by children, parents and other adults are identified. The components of self-management in childhood asthma are examined and developmental, psychological and social influences on self-management behaviours are outlined. The principles and practical implications of a child-centred approach to asthma self-management will be identified. 1.Gibson et al. Self-management education and regular practitioner review for adults with asthma (Cochrane Review). Issue 3 ed. Oxford: The Cochrane Library, Update Software; 1999. 2.Wesseldine et al. Structured discharge procedure for children admitted to hospital with acute asthma: a randomised controlled trial of nursing practice. *Arch Dis Child* 1999;80(2):110-4. 3.Lahdensuo Guided self management of asthma - how to do it. *BMJ* 1999;319:759-760. 4.Callery et al. Qualitative study of children's and parents' beliefs about childhood asthma. *Br J Gen Pract* 2003;53(3):185 - 190. 5.Milnes et al. The adaptation of written self-management plans for children with asthma. *J Adv Nurs* 2003;41(5):444-453.

