



Title	Effectiveness of self-management programs for obstructive respiratory problems
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Aim

To assess the current knowledge on the efficacy of self-management programs for obstructive respiratory problems and the expected effectiveness of this technology in the Quebec healthcare system.

Conclusions and results

- For the adult population, the efficacy of asthma self-management programs as a means to improve asthma control has been proven by a meta-analysis carried out by the Cochrane Collaboration. According to experts, patients with insufficient control of their asthma should be the target group at highest priority during the systematic implementation of self-management programs.
- Asthma self-management programs are complex interventions which base effectiveness on changes in patient and physician behavior. According to the logic model of plausible links between the components of self-management programs, intermediary effects, and the impact on asthma control, the intermediary effects comprise patient compliance, adherence to guidelines by physicians, and organizational changes in healthcare services. Based on this model, the effectiveness of a systematic implementation of this technology in the Quebec healthcare system is expected to be high.
- For the pediatric population, current evidence on the efficacy of asthma self-management programs is conflicting.
- For patients with COPD, preliminary results from a high-quality RCT suggest that they might benefit from the self-management approach. However, these results on efficacy remain to be confirmed by further research.

Recommendations

- Asthma self-management programs for the adult population should be implemented systematically in the Quebec healthcare system.
- Current resources for asthma self-management programs in the pediatric population should be maintained and re-examined in light of the results from a meta-analysis by the Cochrane Collaboration, currently under preparation
- Research on the effectiveness of self-management programs for patients with COPD could lead to gradual and coordinated implementation of self-management programs for this disease.

Methods

Systematic review of published scientific literature and information obtained from external reviewers. Development of a logic model based on concepts from the field of program evaluation.

Further research/reviews required

- Meta-analysis on the efficacy of self-management programs for asthma in children.
- Further RCTs on the efficacy of self-management programs for patients with COPD.
- Evaluative research concerning effectiveness of self-management programs in terms of quality of life and reduction in health services utilization for asthma in adults and for patients with COPD.