

2006

## An investigation of the reasons parents and carers of children with asthma declined to attend self management education programs

Heather Smith  
*University of Wollongong*

Follow this and additional works at: <https://ro.uow.edu.au/theses>

### University of Wollongong

#### Copyright Warning

You may print or download ONE copy of this document for the purpose of your own research or study. The University does not authorise you to copy, communicate or otherwise make available electronically to any other person any copyright material contained on this site.

You are reminded of the following: This work is copyright. Apart from any use permitted under the Copyright Act 1968, no part of this work may be reproduced by any process, nor may any other exclusive right be exercised, without the permission of the author. Copyright owners are entitled to take legal action against persons who infringe their copyright. A reproduction of material that is protected by copyright may be a copyright infringement. A court may impose penalties and award damages in relation to offences and infringements relating to copyright material.

Higher penalties may apply, and higher damages may be awarded, for offences and infringements involving the conversion of material into digital or electronic form.

Unless otherwise indicated, the views expressed in this thesis are those of the author and do not necessarily represent the views of the University of Wollongong.

### Recommended Citation

Smith, Heather, An investigation of the reasons parents and carers of children with asthma declined to attend self management education programs, M.Nurs. thesis, Department of Nursing, University of Wollongong, 2006. <http://ro.uow.edu.au/theses/461>

## **NOTE**

This online version of the thesis may have different page formatting and pagination from the paper copy held in the University of Wollongong Library.

## **UNIVERSITY OF WOLLONGONG**

### **COPYRIGHT WARNING**

You may print or download ONE copy of this document for the purpose of your own research or study. The University does not authorise you to copy, communicate or otherwise make available electronically to any other person any copyright material contained on this site. You are reminded of the following:

Copyright owners are entitled to take legal action against persons who infringe their copyright. A reproduction of material that is protected by copyright may be a copyright infringement. A court may impose penalties and award damages in relation to offences and infringements relating to copyright material. Higher penalties may apply, and higher damages may be awarded, for offences and infringements involving the conversion of material into digital or electronic form.

***An Investigation of the Reasons Parents and Carers of  
Children with Asthma Declined to Attend Self  
Management Education Programs***

A thesis submitted in partial fulfilment of the requirements for the award of the degree

MASTER OF NURSING

from

UNIVERSITY OF WOLLONGONG

by

HEATHER SMITH BN.

Grad Cert Asthma Education

DEPARTMENT OF NURSING

2006

## TABLE OF CONTENTS

1	ACKNOWLEDGEMENTS.....	4
2	ABSTRACT.....	5
3	INTRODUCTION .....	8
3.1	Structure of the thesis.....	8
3.2	Asthma .....	9
3.2.1	Definition of asthma .....	10
3.3	Statement of the problem/issues .....	11
3.3.1	Asthma incidence/ prevalence .....	11
3.3.2	Mortality and Morbidity .....	11
3.3.3	The Health and Economic Burden of Asthma .....	12
3.3.4	Asthma Management .....	13
3.3.5	Health Behaviour .....	14
3.3.6	Self Management Education .....	15
3.4	Background to the Illawarra Asthma Service.....	15
3.5	Aim of the study.....	17
4	LITERATURE REVIEW .....	19
4.1	Asthma Management .....	20
4.2	Self Management .....	21
4.2.1	Self management in children- the role of the family.....	22
4.3	The National Asthma Council's Six Step Plan.....	24
4.4	Self Management Issues .....	27
4.4.1	Adherence .....	28
4.4.2	Adherence with monitoring .....	30
4.4.3	Medication Adherence.....	31
4.4.4	Adherence to trigger minimisation .....	33
4.4.5	Adherence to action plans.....	33
4.4.6	Adherence to regular medical review .....	34
4.4.7	Attendance at asthma self management education.....	35
5	THEORETICAL FRAMEWORK.....	38
5.1	Health Behaviour Models .....	38
5.2	The Theory of Planned Behaviour.....	40
5.2.1	Background - The Theory of Reasoned Action .....	40
5.2.2	Development of The Theory of Planned Behaviour.....	41
5.2.3	Behaviour.....	45
5.2.4	Behavioural Intention.....	46
5.2.5	Perceived Behavioural Control .....	46
5.2.6	Subjective Norms.....	47
5.2.7	Attitude .....	47

5.3	Relationship between constructs of the theory and asthma .....	51
5.3.1	Behaviour and Asthma.....	51
5.3.2	Behavioural Intention and Asthma .....	51
5.3.3	Perceived Behavioural Control and Asthma.....	51
5.3.4	Subjective Norms and Asthma.....	52
5.3.5	Attitudes and Asthma.....	53
6	METHODOLOGY .....	55
6.1	Research Design.....	55
6.2	Population and Sample .....	58
6.3	Data Collection .....	59
6.4	Data analysis .....	61
6.5	Ethical considerations .....	61
6.6	Validity and Reliability .....	63
7	FINDINGS.....	64
7.1	Overview of interviews.....	64
7.2	Application to the Constructs of the Theory of Planned Behaviour.....	77
7.2.1	Behaviour.....	77
7.2.2	Behavioural Intention.....	79
7.2.3	Perceived Behavioural Control .....	80
7.2.4	Subjective Norms.....	83
7.2.5	Attitude .....	87
7.3	Support.....	90
8	DISCUSSION.....	92
8.1	Themes.....	92
8.1.1	Self Confidence.....	93
8.1.2	Attitudes towards self management education .....	95
8.1.3	Experience of asthma.....	97
8.1.4	Support.....	99
8.1.5	Confidence in medical managers .....	101
8.1.6	Parental responsibility.....	102
8.1.7	Skills and Knowledge .....	103
8.1.8	Transport.....	104
8.1.9	Time .....,.....	105
8.1.10	Intention .....	105
8.2	Limitations of the research.....	106
8.2.1	Recruitment.....	107
8.2.2	Methodology .....	108
8.3	Recommendations.....	110
8.4	Conclusion .....	110
9	REFERENCE LIST .....	112
10	APPENDICES .....	120

10.1	Appendix One: Information Sheet.....	120
10.2	Appendix Two: Consent Form.....	122

## **1    ACKNOWLEDGEMENTS**

I would like to express my sincere thanks to the parents of children with asthma who took part in this study, and shared their experiences with me; my supervisors, Sandra Jones and Joanne Joyce, for their continued support, guidance, and advice; my colleagues within the Illawarra Asthma Service and Illawarra Health for their encouragement and support throughout the research; and my husband.

Heather Smith

## **ABSTRACT**

The aim of this qualitative study was to investigate why parents or carers of children with asthma chose not to attend asthma self management education. Six semi-structured interviews were conducted with parents who had declined an invitation to attend the Illawarra Asthma Service.

Participants expressed that they felt confident in their ability to self manage their children with asthma, four of the respondents indicated that they already felt confident and did not feel they needed to participate in the education offered to them. One respondent sought self management education from an educator at her General Practitioners surgery; this family were able to implement many self management behaviours. The remaining respondent had previously attended the service and in their experience the benefits of attending were negligible and they believed they were doing everything possible to manage their children's asthma.

The Theory of Planned Behaviour was included as a theoretical framework to explain and predict this health behaviour. Major themes emergent from the interviews relating to the theory include self confidence, attitudes towards self management education, experience of asthma, skills and knowledge, transport, time, confidence in medical managers, and parental responsibility. Support, an additional theme, was identified which was not directly related to the determinants of behaviour change identified within the Theory of Planned Behaviour. This model of health behaviour has provided some insight into the



issues related to attendance at self management education and adoption of self management behaviours for parents and carers of children with asthma.

Attitudes to self management education also had a strong relationship with this population's ability to adopt self management strategies.

A range of interventions have been proposed to identify those families that have not already implemented behaviours reflective of best practice in asthma self management and to facilitate attendance at self management education for these families.