

Health Care Provider Perspectives of Physical Activity in Patients with Asthma

Tanja Samardzija BS¹, Katherine Weller MD², Lisa K. Sharp PhD³, Sharmilee M. Nyenhuis MD⁴

¹Honors College, University of Illinois at Chicago; ²Department of Allergy and Clinical Immunology, Cleveland Clinic; ³Department of Pharmacy Systems, Outcomes and Policy, University of Illinois at Chicago; ⁴Division of Pulmonary, Critical Care, Sleep and Allergy, University of Illinois at Chicago



Background

- Guidelines recommend patients with asthma engage in regular physical activity as it improves asthma control¹.
- The goal of this study is to assess healthcare provider (HCP) attitudes/facilitators/barriers to physical activity (PA) counseling in patients with asthma.

Methods

- The 10 question survey was developed through literature analysis regarding benefits of PA for asthma patients, current HCP awareness and barriers.
- The survey included demographic data and medical specialty, years of experience and patient population most commonly treated.
- HCPs consisting of, PCPs (internists and family practitioners) and asthma specialists (pulmonologists and allergists) were surveyed.
- HCPs were surveyed by a variety of methods including, paper copies and Qualtrics.

Results

- Out of 387 eligible respondents 19% (n=75) completed the survey, including, 59 PCPs and 16 asthma specialists.

Table 1 Participant Characteristics

| Specialty (%) | |
|------------------------|--------|
| Primary Care Providers | 78.67% |
| Asthma Specialists | 21.33% |

Results

Table 2 HCP Experience

| Years of Experience (%) | | |
|-------------------------|---------------------|--------|
| >5 | Years of Experience | 69.33% |
| 5-9 | Years of Experience | 1.33% |
| 10-14 | Years of Experience | 9.33% |
| 15-19 | Years of Experience | 8.00% |
| 20+ | Years of Experience | 5.33% |

Figure 1
Survey Question 1: Is there enough evidence for you to recommend moderate-vigorous physical activity as an adjunct therapy to your patients with asthma? $P > 0.05$

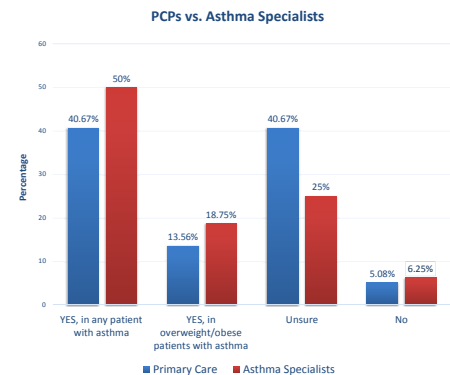


Figure 2
Survey Question 2: Do you currently recommend moderate-vigorous physical activity to your asthma patients with sub-optimally controlled asthma? $P < 0.05$

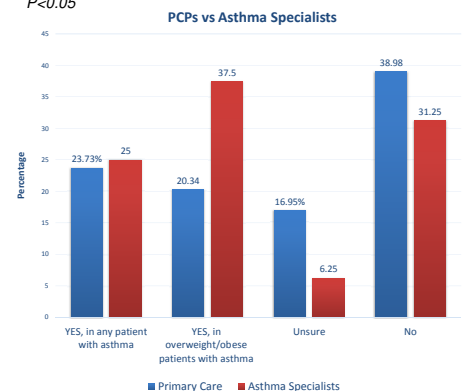


Figure 3

Survey Question 3: If you answered "YES" to Question 2, how often do you recommend moderate-vigorous physical activity to your asthma patients with sub-optimally controlled asthma? $P < .05$

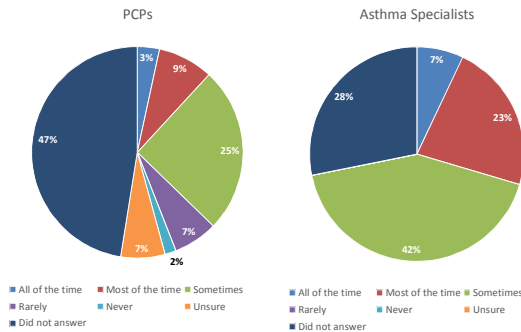


Figure 4

Survey Question 4: What are the most frequent barriers you encounter when recommending physical activity to your asthma patient? $P < .05$

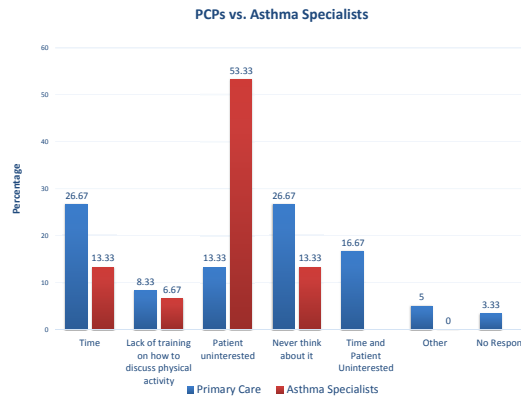


Table 3

Survey Question 5: What factors do you/would you consider in recommending physical activity in your patients with asthma?

| PCPs and Asthma Specialists |
|--|
| "Too many other pertinent issues to discuss." |
| "Limited resources for free/inexpensive exercise facilities" |
| "Lack of materials to give patient about exercise." |
| "Not sure what exactly to recommend." |

Summary

- PCPs were less likely to recommend PA to their asthma patients compared to specialists.
- Asthma specialists were more likely to indicate there was enough evidence to recommend PA in asthma patients.
- PCPs reported lack of time, and asthma specialists reported lack of patient interest as barriers to recommending PA.
- Both groups of HCPs indicated that a lack of resources was a barrier to PA education.

Conclusion

- This is the first study that has looked at HCP current practice and barriers of recommending PA in asthma.
- This information provides the groundwork for future studies and may help develop future interventions to provide educational resources to providers and patients on PA in asthma.

Limitations

- Our survey was limited to surveying PCPs and asthma specialists at one institution.

Acknowledgements

- We would like to thank the survey participants.

References

1. Busse, W. (2007). *National Asthma Education and Prevention Program Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma (Rep.)*. Bethesda, MD: National Heart, Lung and Blood Institute.

Contact Information

snyenhui@uic.edu