Health Care Provider Perspectives of Physical Activity in Patients with Asthma

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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

<table>
<thead>
<tr>
<th>Specialty (%)</th>
<th>PCPs</th>
<th>Asthma Specialists</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Care Providers</td>
<td>78.67%</td>
<td>21.33%</td>
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</table>

Table 2 HCP Experience

<table>
<thead>
<tr>
<th>Years of Experience (%)</th>
<th>PCPs</th>
<th>Asthma Specialists</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-5</td>
<td>69.33%</td>
<td>30.67%</td>
</tr>
<tr>
<td>6-9</td>
<td>1.33%</td>
<td>9.33%</td>
</tr>
<tr>
<td>10-14</td>
<td>8.00%</td>
<td>15.67%</td>
</tr>
<tr>
<td>20+</td>
<td>5.33%</td>
<td>14.67%</td>
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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 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


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