



CONNECTAR

Aim

To co-create an online educational programme for asthma patients/carers tailored to their needs.

1st Phase

Identify the prominent topics to be included in the programme

- patients/carers
- health professionals (HP)

Conclusion

Patients/carers and HP identified the most prominent topics to be included. Discrepancies between parties will be explored in the following rounds. Patients/carers' perceptions and needs are relevant to the design and effectiveness of interventions.

Co-creation of a self-learning programme for patients with asthma: patients' and health professionals' perspectives on the relevant topics

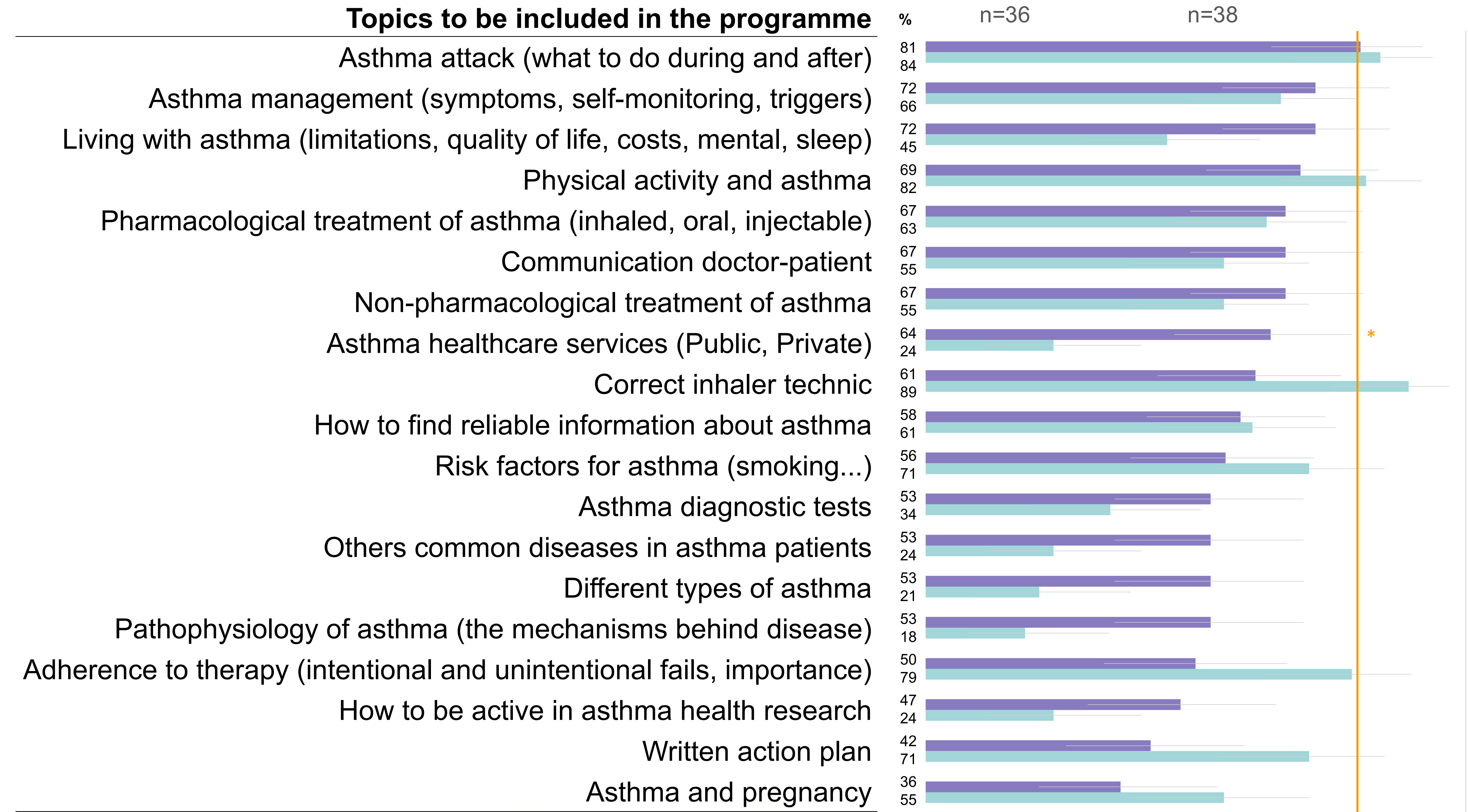
C. Jácome, N. Fonseca, T. Rodrigues, S Fernandes, E. Dias da Costa, R. Amaral, P. Matos, M. Areia, L. Dias, M. Vilaverde, C. Chaves Loureiro, JL. Boechat, A. Baía Reis, D. Figueiredo, AL. Neves, P. Simões, L. Taborda Barata, JA. Fonseca, A. Sá-Sousa

Methods

A committee of 6 patients/carers and 13 researchers developed a web-based cross-sectional study.

- Web-based cross-sectional study
- Adult patients with asthma and carers from ConectAR network
- Healthcare professionals
- 19 topics**
- Ranking: "very important/ important/ less important/ non-important"
- Prominent topic** = "very important" by $\geq 80\%$ of participants

Results



Additional topics suggested:

- Asthma in children
- Social/emotional support
- Experimental treatments for asthma
- Biological treatments
- Asthma in school
- Practical strategies to avoid triggers
- Asthma and non-steroidal anti-inflammatory drugs
- Asthma and nutrition
- Asthma and sexuality