The development and piloting of an online asthma self-management tool for use by older adults

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PROJECT OVERVIEW:

Rates of asthma in Australia are high by international standards, across all age groups. While asthma cannot be cured it is widely accepted that good self-management can lead to an improvement in the quality of life. However, the diagnosis and management of asthma in older adults (those aged over 55 years) is complicated by reduced perception of asthma symptoms and the presence of other chronic co-morbidities.

This project will use a mixture of qualitative and quantitative methodologies to explore the information needs of older asthma sufferers and develop an online intervention to help them manage their asthma. This project is being undertaken in partnership with the Asthma Foundation of New South Wales.