

13<sup>TH</sup> EUROPEAN

## PEDIATRICS &amp; PEDIATRIC NEUROLOGY CONFERENCE

August 31-September 02, 2017 | Prague, Czech Republic

*Philip O Ozuah**Albert Einstein College of Medicine, USA***A cluster randomized controlled trial of a school-based asthma intervention: Preliminary findings**

Physical activity (PA) is important for asthma management. However, child and parental illness beliefs such as fear about asthma attacks with exercise may preclude child PA participation. We developed a multifaceted school-based intervention to address this and other barriers to PA. Our objective was to assess intervention effects on asthma and exercise risk perception, self-efficacy and outcome expectancy in urban schoolchildren with asthma and their parents. We conducted a pilot cluster RCT in children (7-10 years) with asthma attending 4 Bronx, New York schools (2 intervention, 2 control). Intervention consisted of a school-wide asthma awareness event, collaboration with child's physician to assure optimal treatment, classroom-based PA, and asthma education for families and school personnel. Parents and children completed surveys at baseline and 6-months post-intervention to assess asthma and exercise risk perception, self-efficacy and outcome expectancy. ANOVA was used to compare scores controlling for baseline. We recruited 109 child-parent dyads (mean age 8.6 (SD .99) years, 53% male, 80% hispanic). Post-intervention, parents were significantly less likely to believe that exercise is harmful to asthma and were less worried about stigma than controls. Children tended to feel more competent in overcoming barriers to PA, had a greater intention to participate in PA, were less likely to feel that exercise would have negative consequences on asthma, and were less worried overall and about asthma-related stigma. Our intervention improved child and parental illness beliefs about asthma and exercise. These results may have implications for policy change to incorporate intervention components in urban schools.

**Biography**

Ozuah's background includes a medical degree from the University of Ibadan, Nigeria, and a rotating internship at the University of Nigeria Teaching Hospital. He later earned a master's degree in Education from the University of Southern California, Los Angeles, and a PhD in Educational Leadership and Administration from the University of Nebraska-Lincoln. He obtained his pediatric internship and residency at Albert Einstein College of Medicine and Montefiore Medical Center, and his post-doctoral research fellowship in Medical Education at the University of Southern California, School of Medicine, Los Angeles. Dr. Ozuah joined the faculty of the Department of Pediatrics at Montefiore and Albert Einstein College of Medicine in 1992 and served as director of the Residency Training Program in Social Pediatrics from 1999 to 2005..

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