

# Does giving advice on avoiding allergies and triggers improve asthma control? A research trial

<b>Submission date</b> 13/02/2008	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 26/02/2008	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 21/06/2010	<b>Condition category</b> Respiratory	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Prof Chris Griffiths

**Contact details**  
Centre for Health Sciences  
Barts and the London Medical School  
2 Newark st  
London  
United Kingdom  
E1 4NS

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
04/016

# Study information

## Scientific Title

Does structured advice on Allergy and Allergen Avoidance given by practice nurses improve control of asthma in primary care? A single blind randomised controlled trial

## Acronym

AAA

## Study objectives

The control of asthma can be improved by a structured allergy assessment followed by individualised avoidance advice, given by practice nurses in primary care.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Ethics approval received from Bristol South NHS Ethics Committee on the 15th November 2004.

## Study design

Randomised controlled trial

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

Not specified

## Study type(s)

Quality of life

## Participant information sheet

## Health condition(s) or problem(s) studied

Asthma

## Interventions

Control patients:

Usual care asthma reviews (UC) consisted of assessment of symptoms, inhaler technique, and medication usage, and provision of self-management action plans.

Intervention patients:

Structured allergen and trigger avoidance advice reviews (AAA) comprised the elements of a usual review as above, supplemented by a structured asthma and allergy assessment consisting of:

1. Skin prick testing
2. Completion of the Structured Allergy Questionnaire and Asthma Trigger Inventory
3. Avoidance advice for identified triggers

Duration of these was about 30 - 45 minutes. There was no further contact with the nurse until follow up 4 months later.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome measure**

Lung function/symptoms, assessed at 4 months.

**Secondary outcome measures**

Self efficacy, assessed at 4 months.

**Overall study start date**

01/01/2005

**Completion date**

01/01/2006

## Eligibility

**Key inclusion criteria**

1. Diagnosis of asthma, confirmed by 20% peak expiratory flow [PEF] diurnal variation in medical records or 15% reversibility on spirometry (British Thoracic Society [BTS]/Scottish Intercollegiate Guidelines Network [SIGN] 2003)
2. Prescribed asthma medication within the past year
3. Aged between 16 to 55 years, either sex
4. Not had skin prick testing in the past 10 years

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Both

**Target number of participants**

200

**Key exclusion criteria**

Unable to give informed consent.

**Date of first enrolment**

01/01/2005

**Date of final enrolment**

01/01/2006

## **Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

**Centre for Health Sciences**

London

United Kingdom

E1 4NS

## **Sponsor information**

**Organisation**

St George's Hospital Medical School (UK)

**Sponsor details**

Cranmer Terrace

London

England

United Kingdom

SW17 0RE

**Sponsor type**

Hospital/treatment centre

**Website**

<http://www.sgul.ac.uk/>

**ROR**

<https://ror.org/040f08y74>

## **Funder(s)**

**Funder type**

Charity

**Funder Name**

Asthma UK (UK) (ref: 04/016)

**Alternative Name(s)**

Asthma UK, Asthma + Lung UK

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Other non-profit organizations

**Location**

United Kingdom

## Results and Publications

**Publication and dissemination plan**

Not provided at time of registration

**Intention to publish date**

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**

Not provided at time of registration

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/01/2010		Yes	No