

# Space to Breathe

## – improving asthma outcomes among pre-schoolers

PHARMAC has been developing a childhood asthma programme (Space to Breathe) to improve asthma outcomes among pre-school aged children, with a focus on Māori and Pacific children. The programme has been developed to provide one-on-one assessment and education to caregivers of children with asthma, as well as the provision of self-management reinforcement tools. The programme will be delivered to caregivers of children with asthma and early childhood education (ECE) centre staff at the ECE that their child is enrolled with. Asthma education and assessment will be provided by GASP nurses and curriculum based education will be provided by teachers.

From August 2011, PHARMAC will begin a cluster randomised controlled trial to determine whether the Space to Breathe programme improves asthma outcomes after 12 months. The research will be conducted in the greater Waitemata region and will run for approximately 2 years in total. The research will be conducted by the Clinical Trials Research Unit, Comprehensive Health and the Ministry of Done. We anticipate that the research will recruit approximately 800 children aged 2 to 5 years during this time.

We anticipate that health professionals in the region may receive enquiries about Space to Breathe, given the scope of the programme. These enquiries may be directed to PHARMAC on **0800 660 050**. Further information about this work can also be obtained from the Programme Manager, Sharon Ponniah via [sharon.ponniah@pharmac.govt.nz](mailto:sharon.ponniah@pharmac.govt.nz) or **(04) 9167528**.



**SPACE TO  
BREATHE**

taking care of asthma

Te Kāwanatanga o Aotearoa

**PHARMAC**  
Pharmaceutical Management Agency