

**PRACTICAL STEPS TO EMPOWER CHILDREN
AND YOUNG PEOPLE WITH ASTHMA TO LIVE
THEIR BEST LIVES**

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AIMS

- Discuss empowerment
- Discuss how to achieve this in clinic
- Consider approaches which may help

WHAT DOES IT MEAN TO BE EMPOWERED?

Review

Empowering children and young people who have asthma

Ian P Sinha ^{1,2} Lynsey Brown,¹ Olivia Fulton,¹ Lucy Gait,¹ Christopher Grime,¹ Claire Hepworth,¹ Andrew Lilley,¹ Morgan Murray,¹ Justus Simba^{1,3}

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- Tailoring your condition around your life
- Shared decision making
- Self-management

vidual risks to enable self-management.^{1,3} Many innovations in medicine fall by the wayside because they are not addressing a tangible problem of relevance to patients, or because they use a solution which in itself is burdensome or prohibitively expensive. Innovations in asthma should be co-developed with children and families to ensure they are useful and relevant.

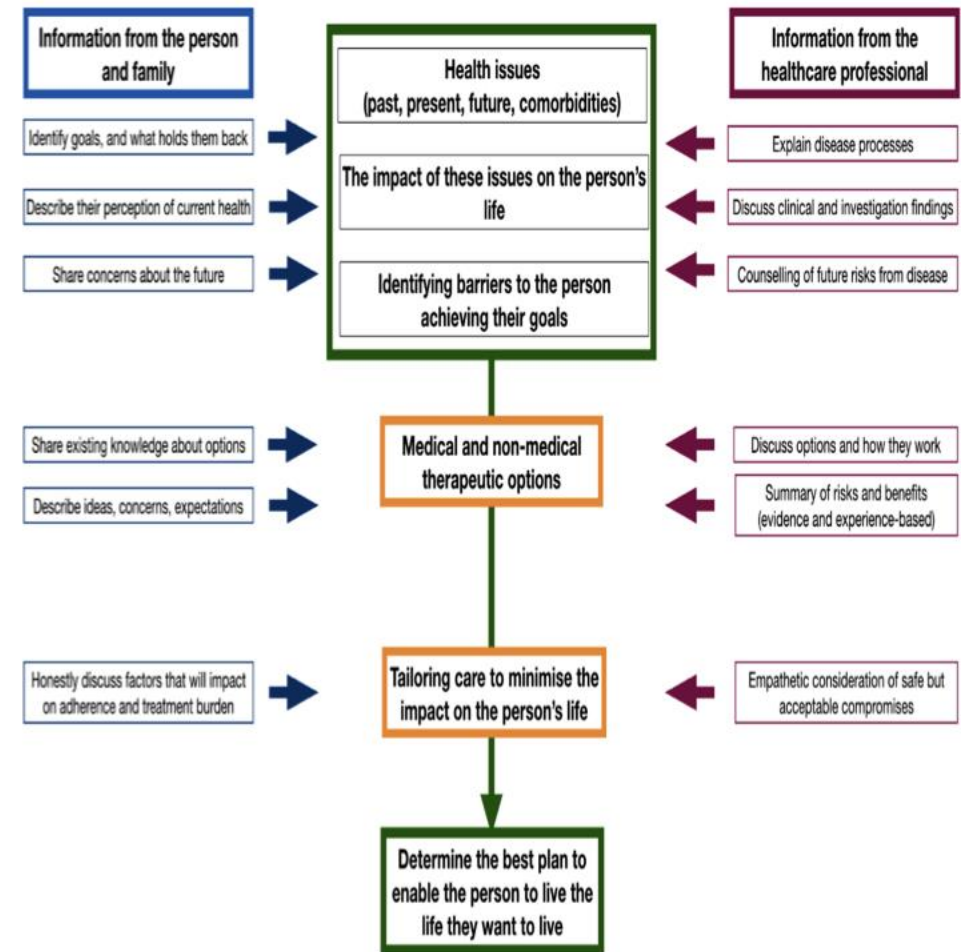


Figure 1 An approach to making shared healthcare decisions with young people.

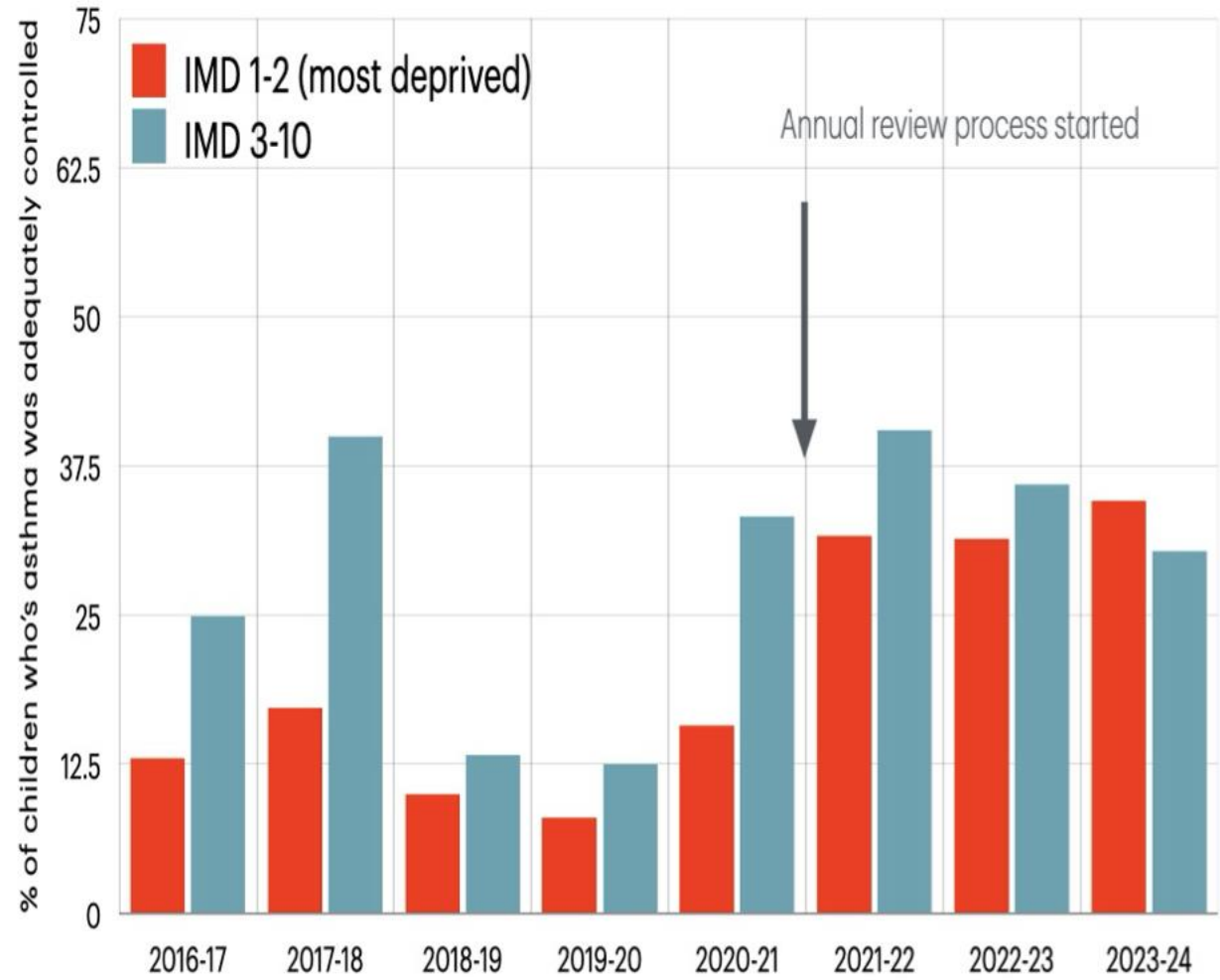
DATA-DRIVEN, EVIDENCE-BASED, PERSON-CENTRED CARE

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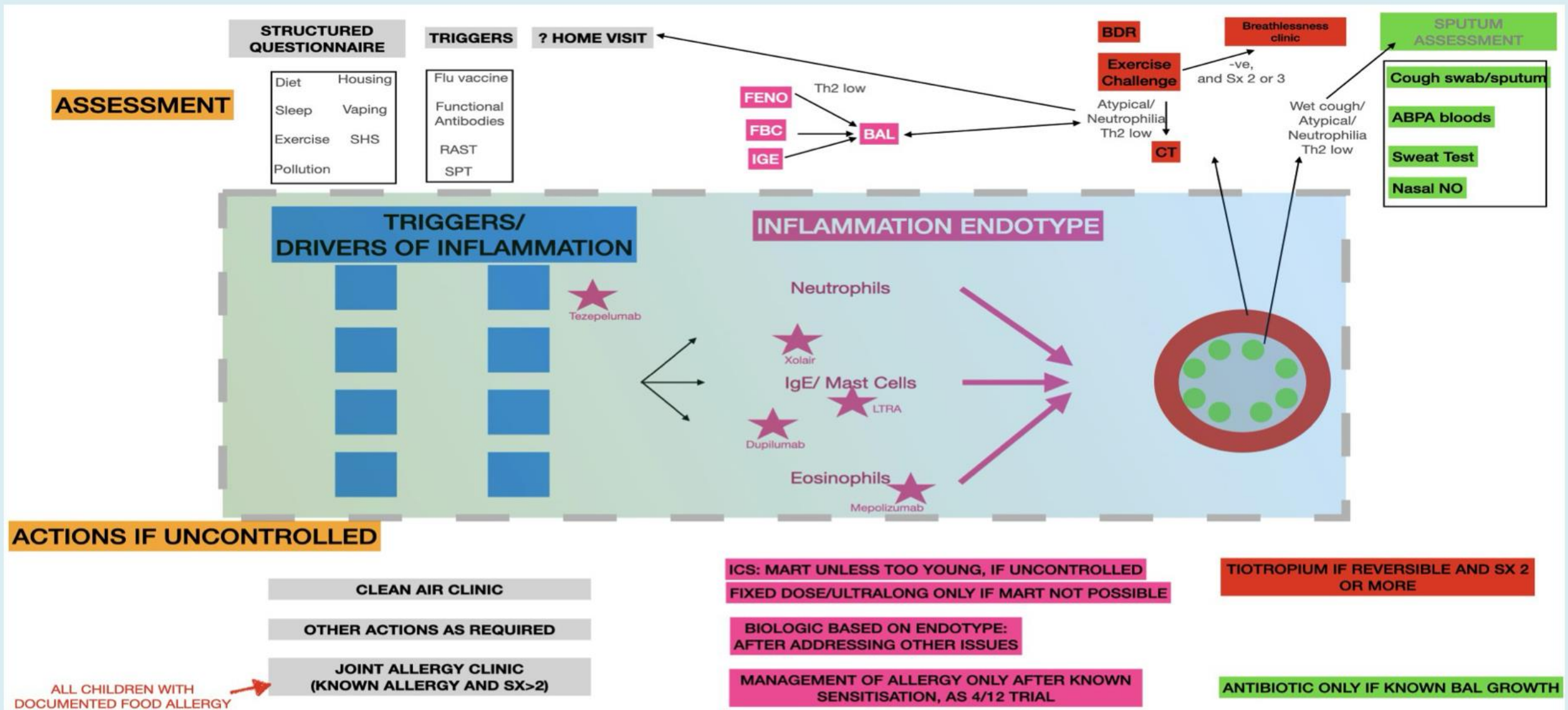


ASTHMA CARE IS:
33% INHALED STEROIDS
33% SELF-ESTEEM
33% HEALTHY LIVING
1% EVERYTHING ELSE

% of children achieving asthma control each year



ALDER HEY MULTIDISCIPLINARY ASTHMA SERVICE UNCONTROLLED ASTHMA DECISION AID



COGNITIVE DEVELOPMENT IN ADOLESCENCE



Abstract thought: sophisticated thinking... “why?”

Metacognition: leads to introspection, with 2 manifestations -

- Imaginary audience (“everyone is looking at me”)
- Personal fable (“I am unique and special... and invincible”)

Reasoning about risks: Reward (especially social) outweigh risks

Relativism: Things aren't black and white

LIMINALITY

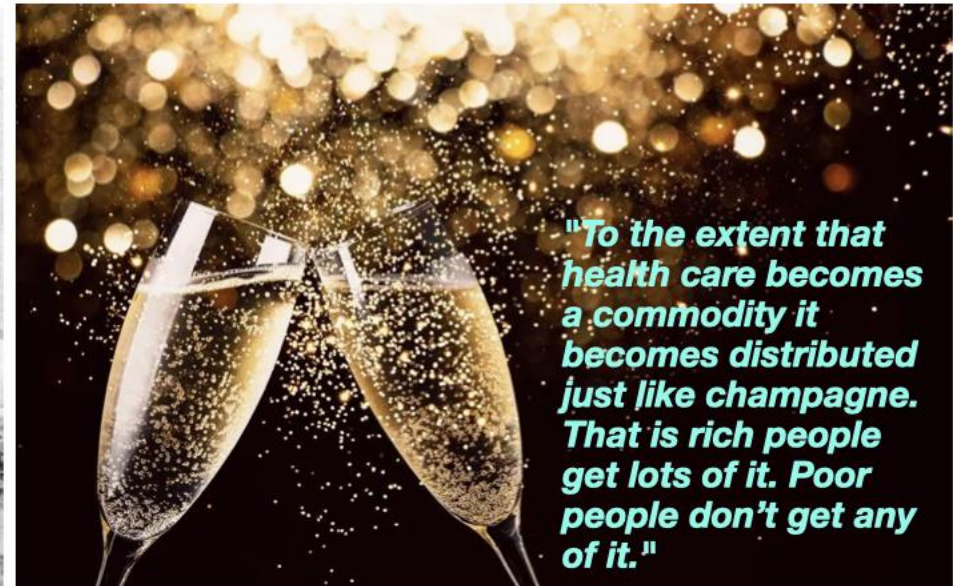
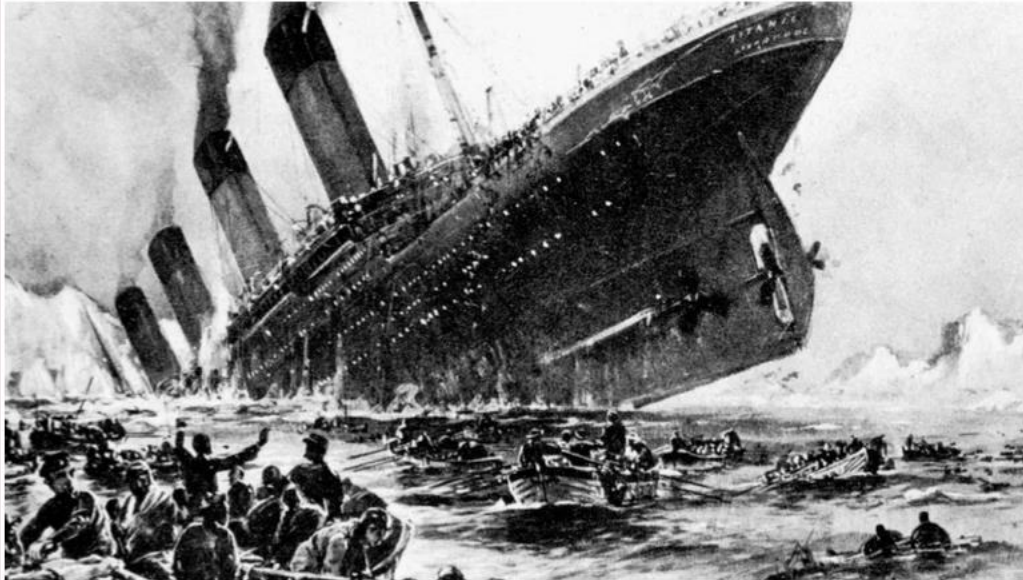


THE INVERSE CARE LAW

**History tells us that vulnerable people
lose out most**

**The 'Inverse Care Law'
(Julian Tudor Hart, 1971)**

"The availability of good medical care tends to vary inversely with the need for it in the population served."



"To the extent that health care becomes a commodity it becomes distributed just like champagne. That is rich people get lots of it. Poor people don't get any of it."

POVERTY IS PERVERSIVE

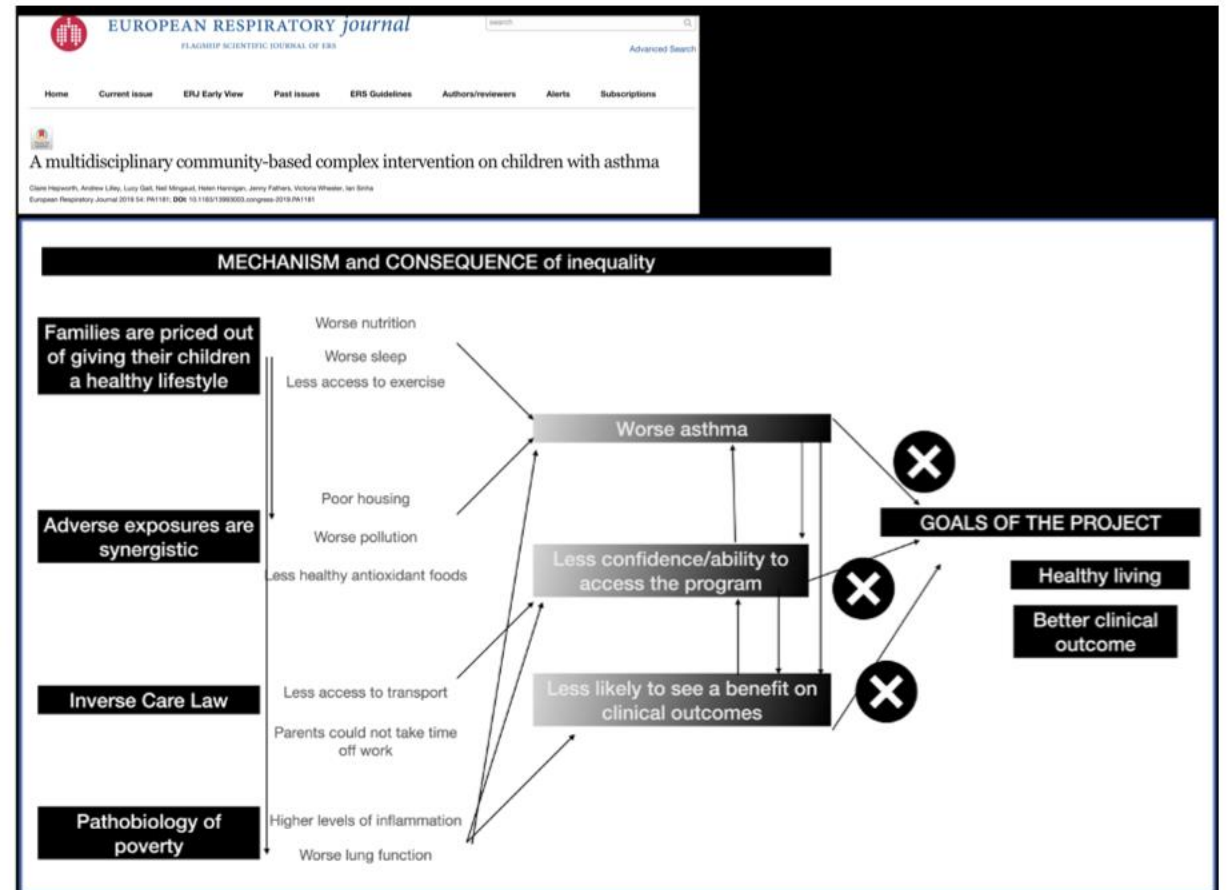
Review

Empowering children and young people who have asthma

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The aim of empowering young people with asthma is to give them control over their health and their lives. Socioeconomic deprivation is disempowering because it limits the lifestyle choices that people are able to make. Families living in poverty may have reduced access to healthy foods and resources to enable physical exercise. When promoting healthy lifestyles, professionals should be sensitive to the barriers that limit peoples' choices when they live in poverty. At a wider level, national and



THE DIGITAL DIVIDE

SG/SM/20118
11 June 2020

Digital Divide 'a Matter of Life and Death' amid COVID-19 Crisis, Secretary-General Warns Virtual Meeting, Stressing Universal Connectivity Key for Health, Development

Following are UN Secretary-General António Guterres' remarks to the virtual high-level meeting on the "Impact of Rapid Technological Change on the Achievement of the Sustainable Development Goals",

“the digital divide is now a matter of life and death for people who are unable to access essential health-care information. It is threatening to become the new face of inequality, reinforcing the social and economic disadvantages suffered by women and girls, people with disabilities and minorities of all kinds.”

WHAT CAUSES THE DIGITAL DIVIDE?

Economic

Education

Societal/cultural

Infrastructure

Geography

Age/sex/race



WHAT INEQUALITIES OCCUR? (3 levels)

1 Access

2 Skills

3 Meaningful engagement

SUMMARY - PRACTICAL STEPS TO EMPOWERMENT

- Helping people tailor their condition around their life, promoting self-management, and enabling shared decision-making
- Data-driven, evidence-based, person-centred care
- Respecting the cognitive development of adolescents
- Poverty-proofing our services