Asthma Control: Home-Based Multi-Trigger, Multicomponent Environmental Interventions for Adults with Asthma

Task Force Finding and Rationale Statement

**Intervention Definition**
These interventions involve trained personnel making home visits to conduct two or more activities (components) within the home. These activities are focused on reducing exposures to multiple asthma triggers (allergens or irritants) through environmental assessment, education, and remediation. Most programs include additional components such as self-management training, social support, and coordinated care in conjunction with efforts to reduce triggers in the home.

**Task Force Finding (June 2008)**
The Community Preventive Services Task Force finds insufficient evidence to determine the effectiveness of home-based, multi-trigger, multi-component interventions with an environmental focus for adults with asthma due to a small number of studies with inconsistent results.

**Rationale**
This finding is based on the limited number of studies providing measurements of outcomes in adults with asthma. Three intervention studies (all controlled trials) reported one or more measurements of change in the outcomes considered in this review. Although two studies showed a median relative increase of 9.2% (range: 5.3% to 13%) in quality of life or symptom scores, the results for healthcare use (one study) and productivity outcomes (one study) showed little to no improvement. Additional intervention research is needed regarding the use and impact of these interventions for adults with asthma.

**Publications**


Disclaimer

The findings and conclusions on this page are those of the Community Preventive Services Task Force and do not necessarily represent those of CDC. Task Force evidence-based recommendations are not mandates for compliance or spending. Instead, they provide information and options for decision makers and stakeholders to consider when determining which programs, services, and policies best meet the needs, preferences, available resources, and constraints of their constituents.

Document last updated September 26, 2013