

# MART – A Real Life Evaluation

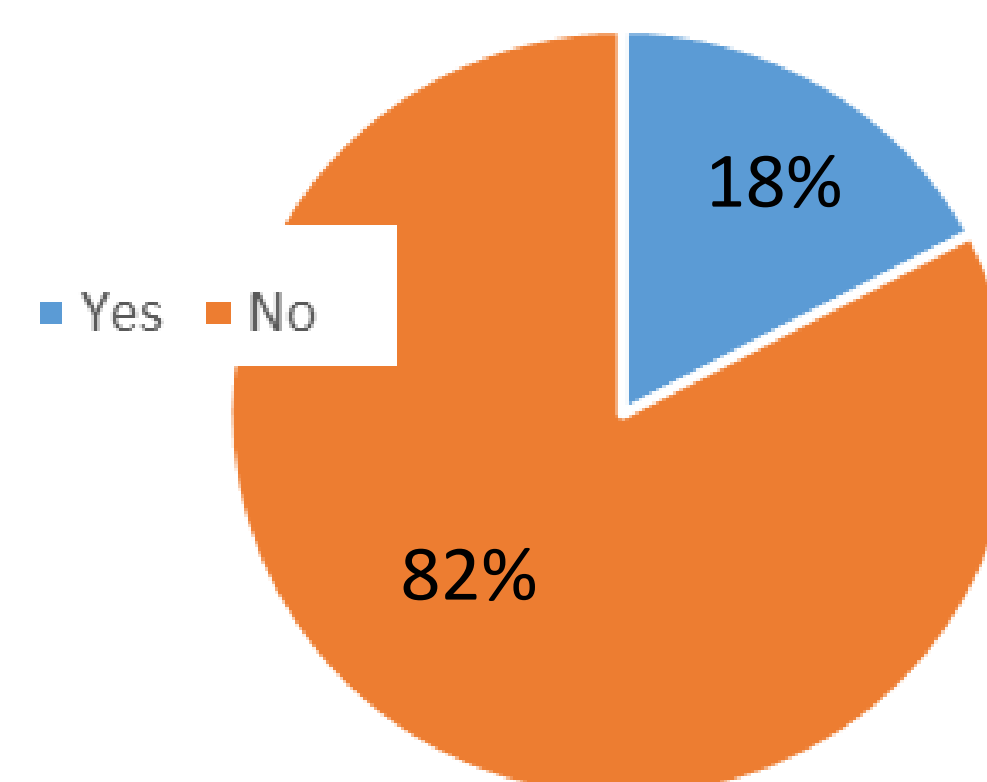
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**Introduction and objectives:** MART (Maintenance and reliver therapy) for asthma is not a new concept. In recent years it has become the most common management approach for those attending our paediatric respiratory service. We have received positive feedback after out-patient follow up and have gone on to obtain more structured feedback about efficacy from families in a real-world setting.

**Method:** An anonymous questionnaire was sent to 62 families of young people known to be on a MART regime under the specialist care of Southampton Children's Hospital.

**Results:** These were from a variety of age groups, under six (10%), 6-12 (48%) and over 12's (41%)

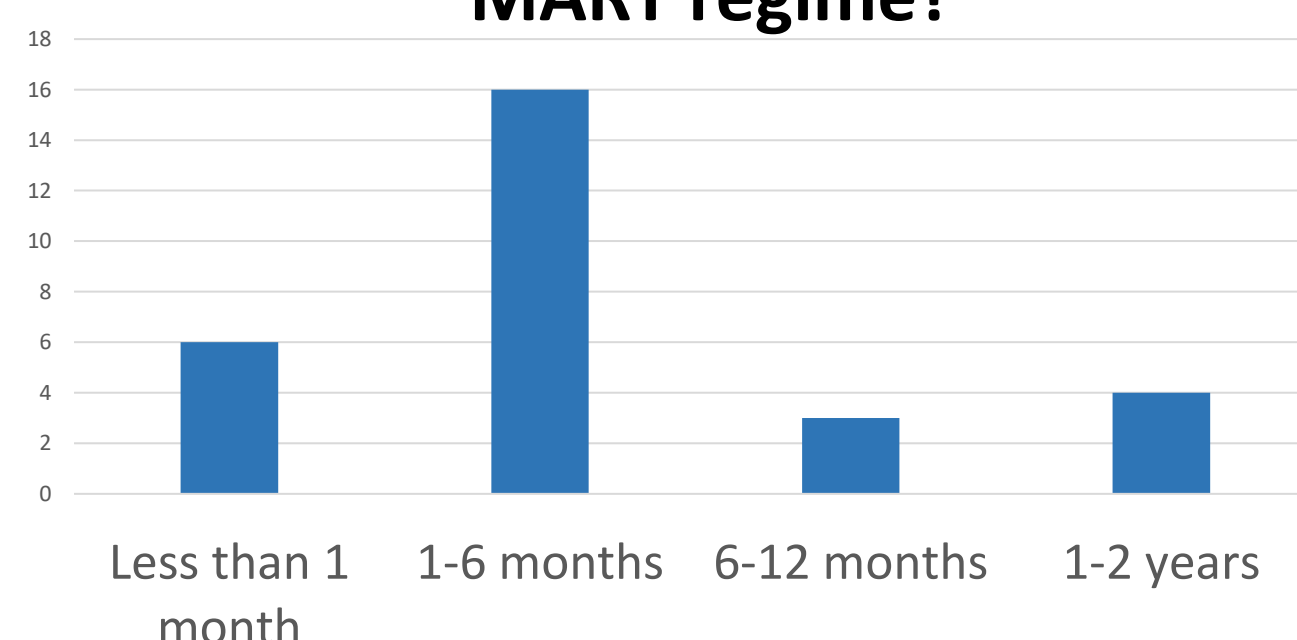
**Were they under control prior to starting MART?**



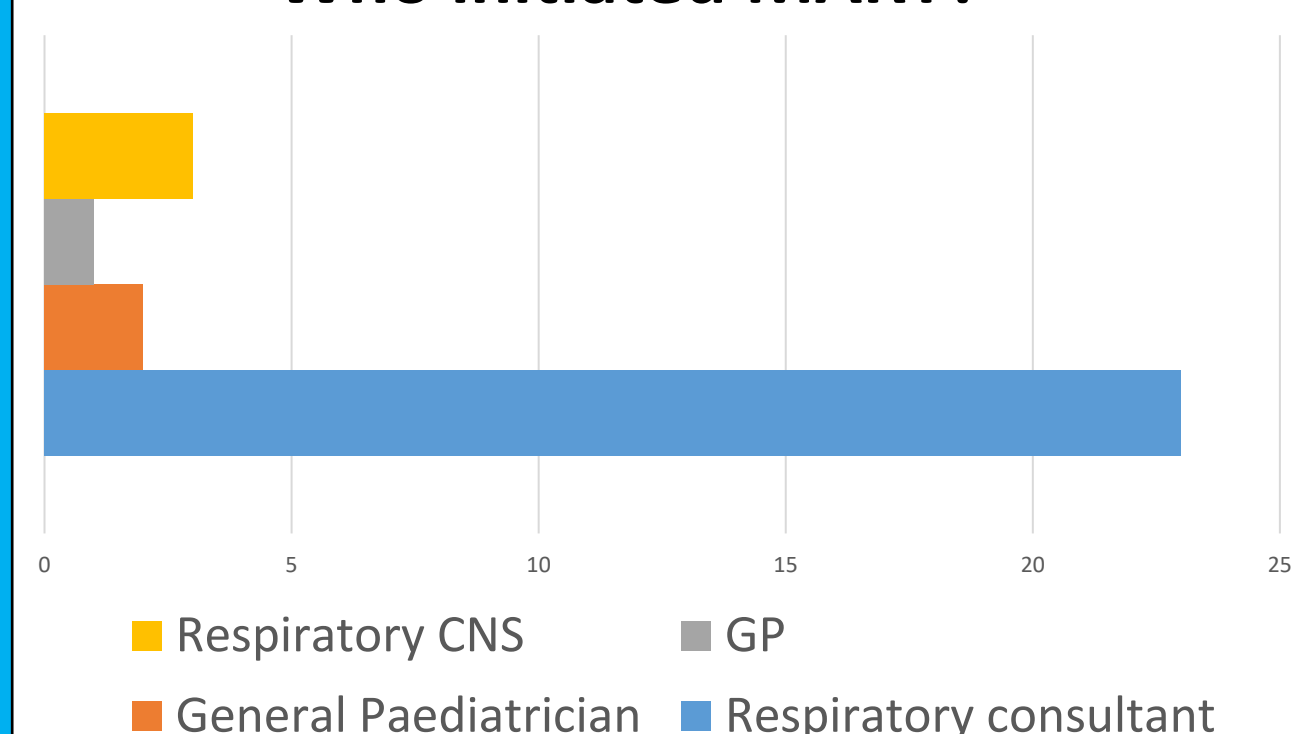
Salbutamol usage was also evaluated. 67% (20) continued to have salbutamol available.

10% (3) admitted to still using this regularly while 44% (13) only had it available for emergencies. 24% (7) used their Salbutamol for exercise induced symptoms

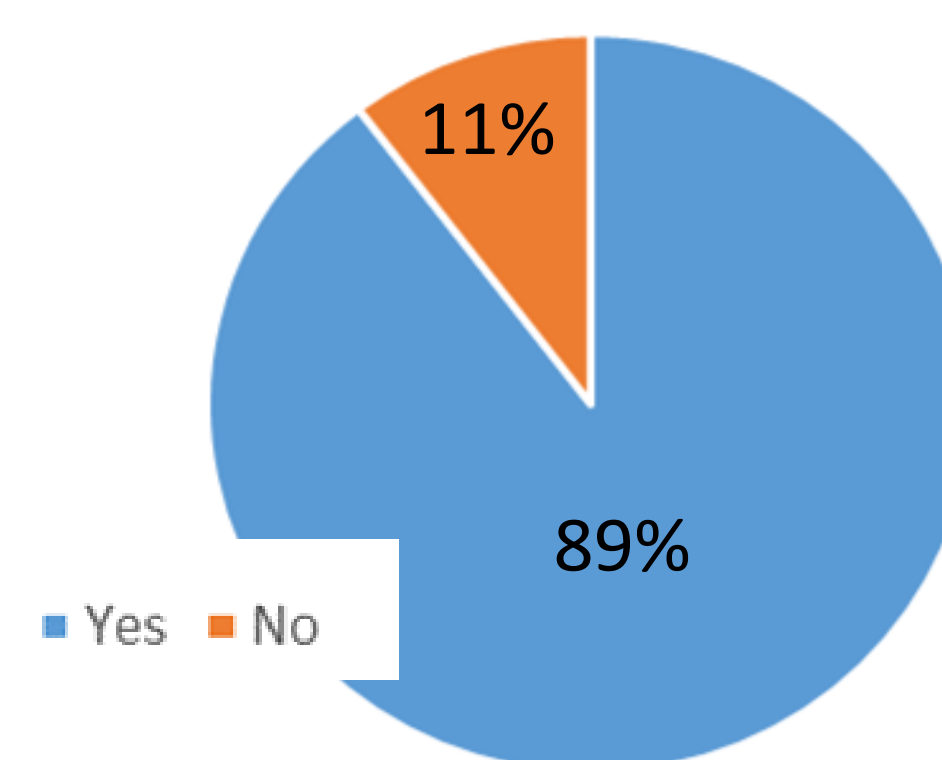
**How long have they been on a MART regime?**



**Who initiated MART?**



**Were they under control after starting MART?**



**Feedback:**

'This new inhaler has changed my daughter's life. Her asthma is under control and she is able to do more. It has been a great change in her life.'

'This is the first treatment that has worked for her, we are very grateful

'Awareness of the regime needs to be shared more with other care providers especially A and E'

**Conclusion:**

We have received positive feedback about the effectiveness of MART regimes to treat childhood asthma in secondary and tertiary referrals to our service. Further evaluation is needed to determine MART's effectiveness in preventing acute asthma attacks and in achieving long term benefits.