

New asthma resource on healthtalk.org

[www.healthtalk.org/asthma](http://www.healthtalk.org/asthma)

A new section has been added to healthtalk.org today to support people who have asthma.

The resource is based on the experiences of 37 people who shared their stories on film in interviews with University of Oxford researchers. Visitors to the website can find out what it's like to live with asthma from reading about the experiences of others and watching clips from the interviews.

The new asthma section of healthtalk.org is comprised of 26 web pages and 250 video and audio clips and covers every aspect of life with asthma, including topics such as changing symptoms over time, managing asthma, communicating with health professionals, emotions, money, relationships and work.

The research for the asthma project was carried out by Susan Kirkpatrick, a researcher from The Health Experiences Research Group (HERG) at the University of Oxford's Nuffield Department of Primary care. Susan travelled around the country with a video camera, interviewing 30-50 people in their own homes.

The group used the same method for each health issue covered on healthtalk.org. Sara Ryan, Research Director for HERG explains "We use rigorous research methods to capture the full ranges of experiences a patient might expect, not just the more sensational stories or hearsay you might find online".

healthtalk.org (formerly healthtalkonline) is run by an online charity that provides information and support around health issues by sharing patient stories. "healthtalk.org was founded on the belief that patients can offer invaluable advice and wisdom to others that are going through the same thing." says Jo Kidd, Communications Manager for the charity "People often tell us how relieved they feel to hear other people talk about their experiences, it reminds them that they aren't alone."

The new resource is available at: [healthtalk.org/asthma](http://healthtalk.org/asthma)