ISSN Print: 2581-8546 ISSN Online: 2582-2934

Received	Accepted	Published
08/12/2022	16/12/2022	02/01/2023

Original Article

Asthma Knowledge among Patients with Bronchial Asthma

Dinesh Kumar Gurjar[1] Dr. Abdul Latif[2]

[1]Research Scholar Nursing J.J.T.U. Rajasthan India.

[2]Research Guide JJT University, Jhunjhunu

Corresponding E-mail : dinesh2011king@gmail.com

Abstract

Asthma is a condition in which your airways narrow and swell and may produce extra mucus. This can make breathing difficult and trigger coughing, a whistling sound (wheezing) when you breathe out and shortness of breath. Aim: The study aimed to evaluate the asthma knowledge among patients with Bronchial asthma Methods: Study was conducted to assess the effectiveness of structured asthma educational program on self care management of Bronchial asthma. Design: Experimental Pre test-post test control group design was chosen. From the patients with confirmed diagnosis of asthma, sample were selected to experimental (n=100) and control (n=50) groups. The Pre-test means between experimental (19.9) and control (18.82) groups were not much significant. There is a significant improvement within the pre test (mean 19.930; S.D 8.84)) and Post test scores in the experimental group (mean 42.31/S.D 3.449). The post test means between experimental (42.31) and control groups (21.28) supports the significant enhancement in the knowledge of the experimental group after asthma education.

Keywords : Bronchial asthma, Asthma Knowledge, Patient education.

Introduction :

Asthma is a chronic respiratory disorder affecting all age groups. As asthma is a controllable disease, the aim of asthma management is to control the disease and allow patients to lead a normal and healthy life. To achieve this, patients need to use medications correctly and maintain control for a considerable period of time. This might be achieved if patients receive adequate guidance on how to use medications and receive sufficient knowledge about the disease. Patients should also be aware that adhering to the treatment plan is the mainstay of asthma management. In addition, asthma is a variable disease (i.e., it can change over time), implying that even when a patient has achieved a well-controlled asthma level, an asthma exacerbation can still occur.

Methodology :

Patients with confirmed diagnosis of asthma and on inhaler therapy were selected in to experimental (n=100) and control (n=50) groups randomly. An Experimental study was conducted with Pre-test Posttest control group design. The first section of the structured questionnaire was developed to collect factual information on the subjects' demographics, family history, and duration of suffering with asthma, history of smoking, frequency of symptom experience and previous exposure to information and sources of information. The second section includes the questions to assess knowledge related to basics of disease process, identifying triggering factors, warning signs and measures of prevention and self care management among adult asthmatic patients.

Results :

The present study focuses to assess the patients' awareness on the disease condition and measures to keep their disease under control. Among the subjects maximum of 51% in the experimental group and 50% of the control group were between the age group of 51 to 60 years of age. In reference to Gender; 63% were men and 37% were women in the experimental group, where as it was 58% and 42% in the control group.

Discussion :

The present study focuses to assess the patients' awareness on the disease condition and measures to keep their disease under control. With regard to the knowledge regarding identifying measures taken to avoid triggers 56% in the experimental group and 62% in the control group were in the below average level of knowledge in the pre test, which

DOI:10.46376/GNJI/5.III.2022.482-483

have been positively skewed to 88% in the above average group in the experimental group in the post test and the minimal variation as recorded in the control group post test distribution as shown; 52% in the below average, 40% in the average and 8% in the above average groups.

Conclusion :

Asthma education is an important means to equip patients with knowledge and skills required to manage the condition effectively. Adequate knowledge may further motivate patients towards behavior modification and long term management.

References

1. Aggarwal AN, Chaudhry K, Chhabra SK, et al (2006). Prevalence and Risk factors for bronchial asthma in Indian adults: a multicenter study. Indian J Chest Dis Allied; 48:13- 22.
2. Ignacio-Garcia JM, Gonzales-Santos P (1995). Asthma selfmanagement education program by home monitoring of peak expiratory flow. American J Respir Crit Care Med; 151:353
3. Nadia M,Taha Zeinab H Ali (2011). Effect of Therapeutic guidelines for Bronchial Asthma in adult patients' knowledge, practices, Compliance and disease severity; Life science journal; 8(3); 199-208.
4. Archea C, Yen IH, Chen H, et al (2007). Negative life events and Quality of life in adults with asthma. Thorax; 62:139-46.
5. Rabhakaran L, Lim G, Abisheganaden J, Chee CBE, Choo YM (2006). Impact of an asthma education programme on patients' knowledge, inhaler technique and compliance to treatment. Singapore Med J.; 47(3):225-31.
6. WHO-GOI Collaborative Programme (2004-2005). Guidelines for management of asthma at Primary and Secondary levels of Healthcare in India.

DOI:10.46376/GNJI/5.III.2022.482-483