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Quality of life using AQLQ (S), ACT and GINA in patients with bronchial asthma in South India

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Introduction: Asthma has been notified as a chronic illness that impacts a large number of individuals and affects their quality of life.

Aim: To measure the quality of life in patients with bronchial asthma in a tertiary care setting in South India.

Method: Structured face to face interviews were conducted using standardized tools i.e., standardized version of Juniper's Asthma Quality of Life Questionnaire and the responses were classified under the domains of activity limitations, symptoms, emotions and exposure to environmental stimuli. The Asthma Control Test was also used categorizing respondents as demonstrating total control, well controlled or uncontrolled asthma. GINA guidelines was used to classify the patients based on severity of asthma as intermittent, mild persistent, moderate persistent and severe persistent.

Result: 200 physician diagnosed patients with bronchial asthma participated in the study. Majority were male (n=115) and rest female (n=85). 143 were married and many were graduates (n=52). The mean QOL of the patients was 4.83 on a 7 point scale. The lowest mean score achieved was 4.14 for the domain exposure to environmental stimuli. More than half of the sample population (57% n=114) were found to experience uncontrolled asthma. The average score received in Asthma Control Test was 17 against a maximum of 25. Less than half the patients (37.5% n =75) in the study were classified as having moderate asthma.

Conclusion: The findings suggest that there is a need to control asthma and the environmental factors that trigger it. Educating patients on treatment and precautionary measures may be a potential solution to enhance the overall sense of well-being in patients with bronchial asthma.

Biography

Priyadarsini John is committed to highest standard of excellence at Nursing, D Y Patil College of Nursing in India. Her international experience includes various programs, contributions to reputed journals and participation in different international conferences in diverse fields of study.

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