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## Effect of training provided for inhaler device use on the asthma control in patients with asthma

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**Objective:** This study was conducted to determine the effect of training provided for inhaler device use on the asthma control in patients with asthma.

**Materials and Methods:** The study population consisted of all patients with asthma admitted and hospitalized in the Chest Clinic of Atatürk University Health Research and Application Center between April and November 2016. And, the study sample consisted of 44 patients in the experimental group and 44 patients in the control group who met the research inclusion criteria and agreed to participate in the research in the above-mentioned dates. The study data were collected by "Personal Information Form, Inhaler Device Usage Form, Asthma Symptom Test and Asthma Control Test". The data were analyzed using frequency, percentage, mean, t test, t test in dependent groups, t test in independent groups and chi square test using the SPSS 18.0 package program.

**Results:** It was determined that 100% of the individuals in the training group correctly used the inhaler medication in the second follow-up, whereas all the control group was found to use the inhaler medication incorrectly ( $p<0.05$ ). At the end of the second follow-up period, the individuals in the training group were found to have fewer emergency admission and infection cases compared to that of the control group ( $p<0.05$ ). A reduction in the asthma symptoms and an increase in the asthma control was revealed ( $p<0.05$ ). According to the respiratory function test results, a significant increase was detected in the training group at the end of the second follow-up ( $p<0.05$ ).

**Conclusion:** As a result of the study, the planned inhaler training given to individuals with asthma was found to reduce emergency admission, infection and asthmatic symptoms as well as improving their respiratory functions and asthma control. In line with these results, nurses are recommended to provide planned inhaler training to the patients who use inhaler, and repeat the training at regular intervals.

### Biography

Young researcher Gülcan Bahçecioglu Turan I was born in 1986 Elazığ. I graduated from nursing in 2009. In 2013. Atatürk University Faculty of health sciences, internal medicine, I finished the master's degree in nursing. Now Atatürk University health sciences faculty of internal medicine in nursing, PhD student and research assistant.

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