

## Compliance of individualized nursing for asthma patients: A meta-analysis

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**Aim:** The study aims to evaluate the compliance of individualized nursing for asthma patients.

**Method:** We searched PubMed, Embase, CBM, CNKI, VIP and the Cochrane Library databases to collect Randomized Controlled Trials (RCTs) and semi-Randomized Controlled Trials (semi-RCTs) of individualized nursing for asthma patients from January, 2013 to December, 2018. Two reviewers independently screened literatures, extracted data and assessed the risk of bias of included studies. Meta-analysis was then performed using RevMan 5.3 software.

**Result:** A total 9 RCTs and 2 semi-RCTs involving 1120 patients were included. The results of meta-analysis showed that: the individualized nursing was superior to the normal nursing on compliance [RR=5.51, 95% CI (2.79, 10.90)], cognitive rate disease [RR=5.14, 95% CI (2.69, 9.83)], compliance with medical advice [RR=4.16, 95% CI (2.33, 7.42)] and the quality of life [MD=10.87, (95% CI: 8.05, 13.70)].

**Conclusion:** Current evidence shows that individualized nursing has improved compliance, cognitive rate disease, compliance with medical advice and significantly improved the quality of life. Due to the limited quality and quantity of the included studies, more high quality studies are required to verify above conclusions.

### Biography

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