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Effectiveness of a Self-Management Enhancement Program Among Adults with Uncontrolled Asthma: A Randomized Controlled Trial

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People with uncontrolled asthma are faced with many difficulties as the disease progresses. Self-management is one approach to improve health outcomes for persons with asthma. This randomized controlled trial study aimed to test the effects of a self-management enhancement program on symptom control and quality of life among adults with uncontrolled asthma. Participants were randomly assigned to the experimental (n=50), and control groups (n=50). The experimental group participated in a six-week self-management enhancement program, whereas, the control group received standard care. The outcomes were assessed at 12 weeks after the completion of the 6-week program. Questionnaires used were the Asthma Control Test and the Mini Asthma Quality of Life. Data were analyzed using descriptive statistics, paired t-tests, independent t-tests, and Mann-Whitney U tests.

The results indicated that participants in the experimental groups showed improvements in symptom control, as well as quality of life, in comparison to before engaging in the program. Moreover, the participants in the experimental group had a statistically significant better improvement in symptom control and quality of life when compared with the control group at 12 weeks after the completion of the 6-week program. These findings suggest that the program for self-management can be used to improve symptom control and the quality of life among persons with uncontrolled asthma. Thus, nurses should be trained to provide information and motivate people with uncontrolled asthma to sustain their self-management efforts.

Biography

Pornthip has completed her PhD at the age of 54 years from Chiang Mai University. She is currently a nursing instructor of Adult and Gerontological Nursing department with 14 years of experience. She has published 2 papers in international and Thai journals.

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