

Assessing levels of control of asthma in 4-12 yr attending chest clinic of a tertiary care centre

Itivrita Goyal

MAMC, New Delhi

OBJECTIVES

The study was conducted to assess the levels of control of asthma in paediatric patients and study the relationship with various factors to determine the factor/s affecting the control levels.

METHODS

4-12 year old asthmatic patients attending the chest clinic and on inhaled anti-inflammatory therapy were assessed. NIH guidelines based Asthma Control Test was used which had 4 questions for the child to complete and 3 questions for the parents based on symptoms in past 4 weeks. Patients were categorized into controlled (score >19) and uncontrolled (score <19) and various factors studied between the two groups. Student t-test was applied and statistically significant difference between the variables was found.

RESULTS

Out of 39 asthmatics, 25 were controlled and 14 were uncontrolled. Various factors like severity, parental education, inhalational tech-

nique, allergic disorders, compliance and parental smoking which were compared between the two groups only allergic rhinitis showed considerable statistic difference. It was present in 57% of uncontrolled group compared to 28% of controlled, P value - 0.007 and OR - 9.8.

CONCLUSION

Thus many factors did not show statistically any significance in our study because of the small number of patients that could be enrolled and many of these factors were taken care in the chest clinic by educating the parents about the disease and by training the patients on steps of inhalation technique, by providing MDI and homemade spacers free of cost. The only factor that had statistic difference was allergic rhinitis implying that presence of co morbid factors like allergic rhinitis can make asthma control difficult.