KNOWLEDGE REGARDING INHALERS AMONG PATIENTS WITH BRONCHIAL ASTHMA

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DOI: http://doi.org/10.47211/idcij.2020.v07i03.008
Received 15th May 2020, Accepted 30th May 2020, Available online 10th July 2020.

ABSTRACT
There has been a sharp increase in the global prevalence, morbidity, mortality, and economic burden associated with asthma over the last 40 years, particularly in children. Approximately 300 million people worldwide currently have asthma, and its prevalence increases by 50% every decade. Background: Proper inhaler use is important to asthma treatment and management. Asthma sufferers and people with other respiratory conditions who have been prescribed inhalers must know how to use them properly in times of emergency or for everyday treatment. Learning and practicing proper inhaler techniques can make a big difference in maintaining good respiratory health. Therefore is this study. Aim: To find the knowledge about inhaler use among patients with bronchial asthma. Study design: One group, pre-test—post-test, quasi experimental research design was used. Setting: The study was conducted at SP Multi Speciality Hospital, Trivandrum. Subjects: 400 adult Asthma patients, older than 18 years of age, diagnosed at least 6 months ago, receiving inhaler medications, able and willing to participate in the study. Tools: Tools used for the study were knowledge questionnaire and structured educational programme. Results: The total mean score of knowledge about inhaler use increased significantly from 14.40; SD 3.641 (pre-test) to 19.31; SD 3.943 (post test).

Conclusion and Recommendation: Teaching the patients regarding appropriate use of devices can be crucial. All patients should receive appropriate instruction and guidance on effective technique when prescribed inhaler devices and this should be regularly reinforced.

KEYWORDS: Bronchial Asthma, Knowledge, Inhalers.