

IMPACT OF PATIENT COUNSELING IN IMPROVEMENT OF QUALITY OF LIFE OF PAEDIATRIC ASTHMA PATIENTS

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ABSTRACT

Objective: To assess the impact of patient counseling in children with asthma using pediatric asthma caregivers quality of life questionnaire (PACQLQ). **Materials and method:** A prospective observational study conducted in pediatrics department of tertiary care teaching hospital. A total of 80 patients between the age group of 7-17 years were selected. PACQLQ was used to assess the emotional and activity domain of the children with asthma. Counseling was provided orally and the patient information leaflet regarding the disease and use of inhalers were issued. After 3 months of counselling the scores of PACQLQ was assessed. **Result:** On counseling shows a significant

improvement in the emotional domain of the PACQLQ ($P < 0.0001$) but there was no significant improvement in the activity domain of the PACQLQ. **Conclusion:** The children were improved clinically and there was a significant change in the emotional domain of the PACQLQ after the intervention. The management of children with asthma not only includes medical intervention but also psychological support and patient counseling.

KEYWORDS: Asthma, PACQLQ, Patient counseling.

INTRODUCTION

Asthma is a chronic inflammatory disease of airways, the precise cause of which is incompletely understood. In susceptible individuals, inflammatory symptoms are usually associated with widespread variable airflow obstruction and an increase in airways respond to a variety of stimuli. Obstruction is usually reversible, either spontaneously or with treatment. The prevalence of bronchial asthma has increased continuously since 1970's and now affects an estimated 4-7% of people worldwide. Childhood bronchial asthma varies from country to country. At the age of 6-7 years prevalence ranges from 4-32%. Recent report shows wide

variations (4-9%) in the prevalence of asthma in school-going children from different geographic areas in India.

Asthma is the most common chronic disease of childhood, and it causes significant morbidity and mortality in both adults and children. The development, cause of disease and the response to treatment are influenced by genetic determinants, the rapid rise in the prevalence of asthma implies that environmental factors are critically important in terms of its expression the studies have explored the potential role of microbial exposure, diet, vitamins, breastfeeding, air pollution and obesity. Acute asthma can present rapidly (within 3 to 6 hours) but more commonly, deterioration occurs over several hours, days, or even weeks.

Patient counselling is part of the revolution of the pharmacist. As pharmacist's responsibility has evolved from dispenser to a disseminator of information, patient counselling has become a cornerstone for pharmaceutical care. Research has proven that medication adherence ranges from 20% to 70% for chronic conditions, such as asthma. Pharmacist-provided education can improve adherence rates and patient understanding. The National Asthma Education and Prevention Program recognize the need for pharmaceutical care and recommends that asthma education be integrated throughout asthma care.

Among youth aged 7 to 17 years, concurrent mental health issues (e.g., depression, anxiety, behavioural disorders) are common. Both anxiety and depression are linked to poorer asthma control. Family conflict also impacts asthma severity, resulting in increased hospitalizations. Researchers believe a bidirectional causal relationship exists. Living with asthma may induce anxiety and depression may induce increased asthma severity.

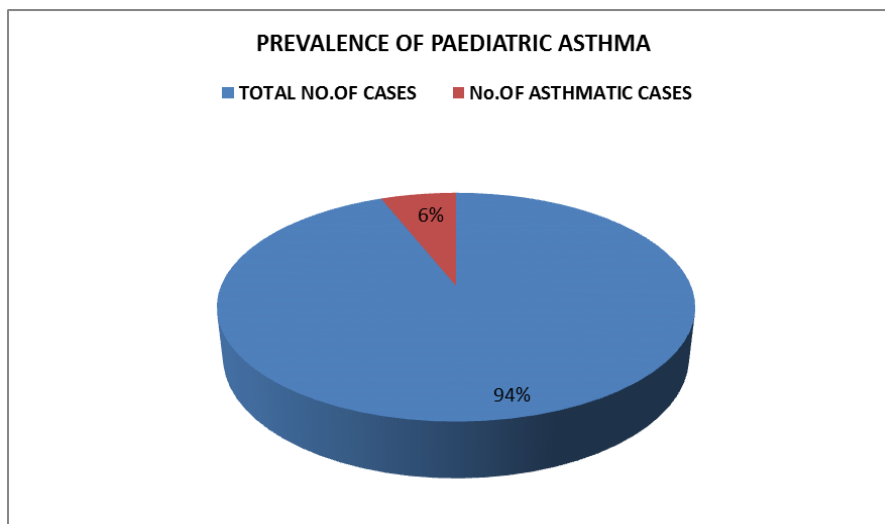
Most patients do not have a completely correct inhaler technique, which may lead to less than optimal delivery and suboptimal efficacy of the medication. The majority of retail pharmacists who provide patient counselling are very busy and are being pulled in several different directions; quick and concise counselling techniques are necessary.

METHODS

A prospective, observational study over a period of six months were carried out only after getting the Institutional Ethics Committee approval, in the department of Paediatrics of a tertiary care teaching hospital. A total of 80 children diagnosed with asthma were selected on the basis of inclusion and exclusion criteria as well as those who were ready to sign informed

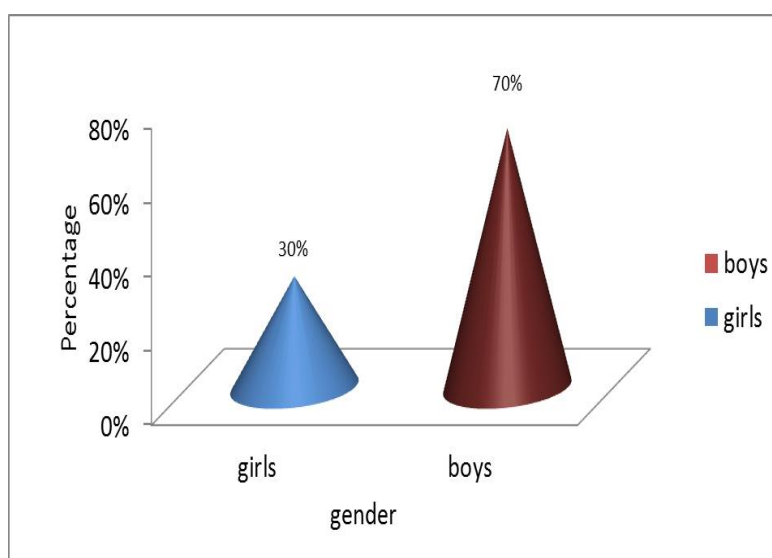
consent form. Counselling was given to the caregivers of patient during baseline and follow up by using patient information leaflets. Assessment of QOL were done using PACQLQ questionnaire during baseline and final follow up.

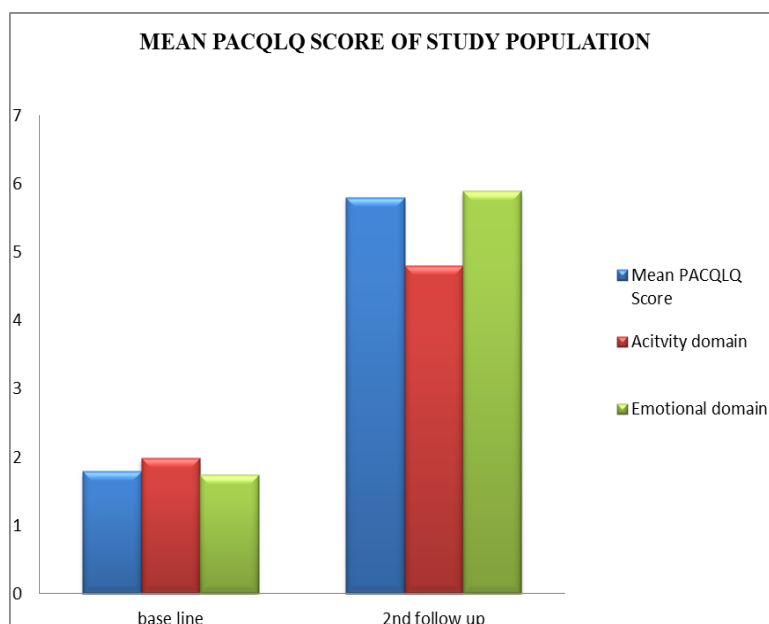
RESULTS



GENDER CATEGORISATION

Asthma is a chronic inflammatory airway disease, occurs at all ages and both genders. Considerable differences were identified between both genders. In pre- puberty, the boys were more prone to asthma than girls. The girls after age of 20 years were more prone to the asthma. The results revealed that the study population was predominantly boys with 70% (56) and only 30% (24) were girls.





PACQLQ SCORE FOR POPULATION

| | Baseline visit | Final Follow up | P* |
|------------------|----------------|-----------------|---------|
| PACQLQ SCORE | 6.218±0.1708 | 1.715±0.314 | 0.0001* |
| ACTIVITY DOMAIN | 1.9975±0.4861 | 5.8488±0.5691 | 0.0226* |
| EMOTIONAL DOMAIN | 1.74±0.391 | 5.89±0.55 | 0.0001* |

DISCUSSION

The counselling could help in providing mental support and understanding about the disease also in improving the self esteem of the patients. Patients also realized the importance of compliance to medications. Thus, it supports the fact that education initiatives in the form of counselling can help in improving the patient's quality of life and family support in children suffering from asthma disease.

CONCLUSIONS

An effective patient counselling will increase the disease and therapy related knowledge. This study concluded that as a result of patient counselling mental health status of patients were improved.

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