

PP 006

Treatment compliance among adult asthmatic patients: experience from Base Hospital Homagama

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Introduction & Objectives:

Asthma affects an estimated 300 million people worldwide. Low rates of compliance with medication pose a major challenge to effective management of the disease. This study was conducted to determine treatment compliance and its associated treatment, disease and health system related factors among adult asthmatic patients attending the medical clinic at Base Hospital Homagama.

Methods:

A descriptive cross-sectional study was conducted among 374 asthmatic patients aged 18 years and above. Systematic sampling method was applied. An interviewer-administered questionnaire and a checklist was used to collect data. Chi square test was performed to assess associations.

Results:

The mean age of the respondents was 52.3± 11.7 SD years and comprised mainly of females (56%). Good treatment compliance was demonstrated in 65% of patients. A great proportion had poor inhaler technique (76.7 %). Younger age, being female and higher educational and income levels were significantly associated with good compliance ($p<0.05$). Attending regular monthly clinics (78%), using Dry Powder Inhalers (55%) and combined inhalers (78%) and having asthma for less than 10 years (74.1%) enhanced compliance. Only 2 out of the 163 patients on MDIs used spacers. Eventhough 74% of participants received instruction sessions three times or more, it was given mostly verbally (79%). Clinic waiting time of less than an hour, instructions on inhaler technique received by demonstration and practicing under the guidance of an expert enhanced compliance significantly ($p<0.05$).

Conclusion:

Use of combined inhalers, instructions on inhaler technique by demonstration and practice under the guidance of an expert enhanced compliance significantly.