

Effectiveness of an Instructional Program on Knowledge of Patients with uncontrolled Asthma Concerning Self – Management at Asthma and Allergy Center in Al- Basrah Governorate

Zainab Salman Dawood Salman¹, Suaad Jassim Mohammed²

¹MSc Student, College of Nursing, University of Baghdad, Iraq; ²Assist.Prof., Adult Nursing Department, College of Nursing, University of Baghdad, Iraq

ABSTRACT

Objectives: To assess effectiveness of the instructional program on knowledge of patients with uncontrolled asthma regarding self-management. A quasi-experimental design (two-group pre-test and post-test) was conducted in the present study which carried out at Asthma and Allergy center in Al-Basrah Governorate from 14th of October 2018 to 1st of June 2019. A non-probability (purposive) sample of (50) patients with uncontrolled asthma, (30) for the study group and (30) for the control group were selected. Used asthma self management Questionnaire as instruments for data collection to assessed patient's knowledge pre and after application of the instructional program. Data were analyzed through the use of Statistical package for Social Sciences (SPSS) version 24 in which descriptive and inferential statistical measures were employed. The results of study showed that (8%) of study and control group had poor level of knowledge, (76%) of study and control group had fair level of knowledge and (4%) of study and control group had good level of knowledge in pretest. After the implementation of instructional program, the level of knowledge showed 100% of study group and 4% of control group was good in posttest. The instructional program was effective in improving patient's knowledge concerning self management.

Keywords: Asthma, asthma self-management.

Introduction

Asthma can be define as a common chronic inflammatory disorder of the air passages, which patient presented with shortness of breath, wheeze and chest tightness due to narrowing of the air passages. Symptoms of asthma may be triggered by viral infections, exercise, air pollutants, active and passive tobacco smoke or some types of allergens ⁽¹⁾. Globally, above 300,000,000 people are suffered from asthma disease, and this is expected to increase to 400,000,000 in 2025 ⁽²⁾. Also, asthma define as a common chronic disorder of the air passages, which is identified by different and frequent symptoms, blockage of airways,

and bronchial hyper responsiveness associated with underlying inflammation⁽³⁾. In addition, asthma can be define as a chronic disorder of the small air passages. The hallmarks of asthma are chronic inflammation, reversible blockage and airflow obstruction. Globally, asthma became a disease of interest because of its impact on individuals and communities ⁽⁴⁾ Uncontrolled asthma define as difficult to treat condition despite treatment due to modifiable factors like (incorrect inhaler use, poor adherence to drugs and food, smoking and comorbidities which characterized by poor symptoms control and frequent exacerbation ⁽⁵⁾ There is no cure for asthma; therefor, asthma control is currently the main clinical focus for asthma management. Asthma control defines as the degree in which signs and symptoms of asthma had been minimized or removed by intervention. It involves current symptoms, use of medication, decline lung function and potential exacerbations in the future⁽⁶⁾ Self-management of asthma known as the ability of the

Corresponding Author:

Zainab Salman Dawood Salman
MSc Student,
University of Baghdad, College of Nursing, Iraq