

Inhaler Adherence And Control Of Asthma Among The Adult Asthma Patients In Bangladesh

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Background

Chronic Obstructive Pulmonary Diseases Such as Asthma and COPD are of the leading cause of disability and death worldwide(1,2). Inhaler therapy remains the first line treatment of asthma(3). However, its efficacy depends on patients adherence to the prescribed medication as well as their inhaler handling techniques(4). The aim of our study was to depicts the prevalence of adherence to the inhaler therapy among the asthma patients in Bangladesh.

Methods

A cross-sectional study conducted by face-to-face interview among 357 asthma patients attending the out patients department of four medical college hospitals of Bangladesh from November 2020 to April 2021. Test of adherence scale (TAI) was used to assess the inhaler adherence and Asthma control test (ACT) was used to measure the control of asthma(5,6). Chi-square test and multiple logistic regression model were used.

Results

The mean (SD) age of the participants was 34 (10) years with female predominance. MDI was the mostly used inhaler devices. Majority of the patients reported poor adherence to inhaler (Figure 1). Predictors of good adherence to inhaler are shown in Figure 2. Majority of the patients included in our study reported poor control of their disease. In logistic regression adjusted for age, sex, comorbidity and inhaler device, patients having moderate to good adherence demonstrated more chance of having good asthma control (aOR 2.70,95% CI 1.25-5.81) .

Conclusions

To sum up, Inhaler adherence rate was poor and it was considered as one of the major obstacles of asthma control among our study population. Proper education to the patients, counseling about the nature of the disease and importance of regular inhaler use also encouraging people to visit to the qualified physicians are recommended to improve the inhaler adherence.

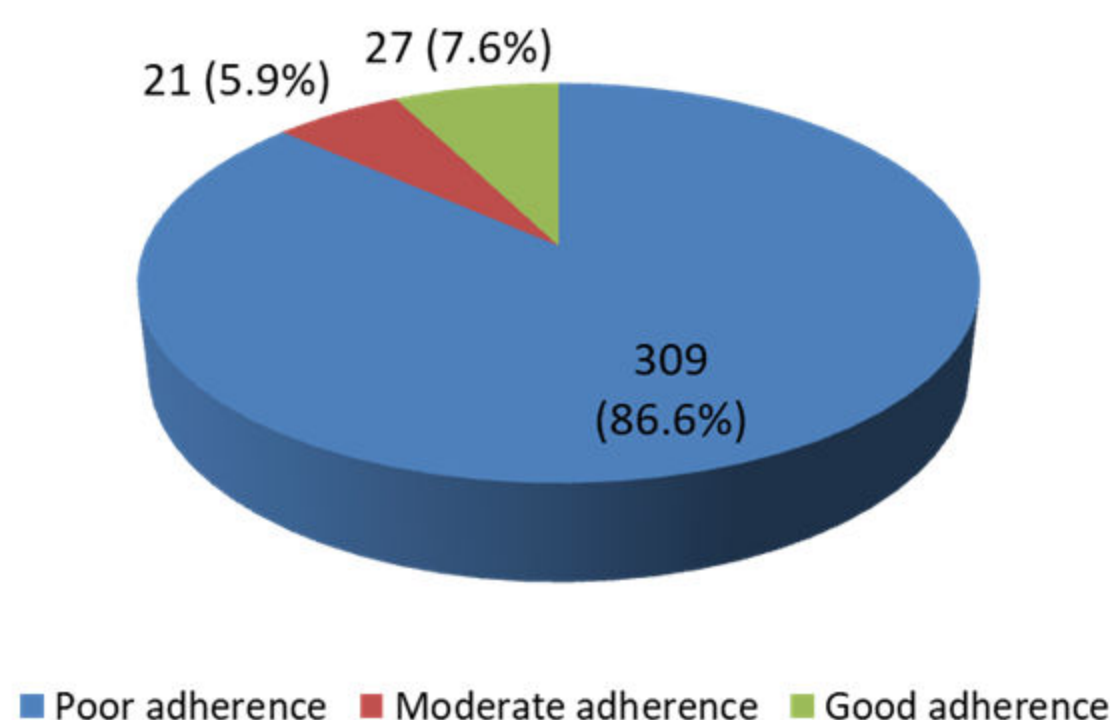


Figure 1 : Adherence to Inhaler Among Asthma Patients



Figure 2: Predictors Of Good Adherence

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