

Assessing quality of life of asthma patients over 12 years old under the supervision of Asthma and Allergy Clinic of Ardabil University of Medical Sciences

Abstract:

Background: Asthma is one of the most common chronic diseases that has a significant prevalence and incidence and in recent years due to the presence of various stressors has increased and despite advances in science, this disease is still a problem in the medical world. Reporting patient health status and assessing patients' quality of life increases clinical data, and integrating it with clinical practice can dramatically improve care outcomes. Therefore, quality of life assessment can be a useful tool for standardizing communication between physicians and patients that potentially improves clinical and functional outcomes.

Aim: To determine the quality of life criteria in asthmatic patients over 12 years old under the supervision of Asthma and Allergy Clinic.

Materials and Methods: The statistical population was people over 12 years of age with asthma referred to the Asthma and Allergy Clinic of Ardabil University of Medical Sciences. The sampling method was counting or census and the sample size was proportional to the number of referrals and according to similar studies was 200 people. Data collection time was from July to August 2020 and the questionnaire used was SF36 Quality of Life Questionnaire.

Result: 200 patients were included in the study. The mean age of patients was 29.64 years. The highest age group was 15 to 25 years. 103 patients (51.5%) were male and 97 patients (48.5%) were female. Regarding patients' residences, the highest number of residences was related to Ardabil and the lowest number was related to Nir. Regarding the monthly income of patients, the average income of study participants was 3.47 million Tomans per month. The average cost of treatment among study participants was 230.10 thousand tomans. . 105 patients (52.5%) had an allergic type, 47 patients (23.5%) had a non-allergic type and 48 patients (24%) belonged to the samter phenotype. The control level of most

patients was good. Statistical analysis showed that the majority of patients were in the fourth stage of treatment. And the economic burden of the disease is heavy in the eyes of the majority of patients. In our study, it was found that patients with allergic phenotype have a better quality of life than other patients, and also the better the level of asthma control, the better the quality of life of patients. Patients with treatment costs less than 250 thousand tomans have a better quality of life than patients with higher treatment costs. Also, patients under 25 have a better quality of life than patients over 35. It was found that the quality of life in steps 1, 2 and 3 is better than higher treatment steps. Gender and place of residence have no effect on patients' quality of life

Conclusion: Quality of life of asthmatic patients is related to asthma phenotype, asthma control status, average cost of treatment, and age and step therapy of the patient.

Keywords: quality of life, asthma, SF36