The correlation between self-related adherence, asthma-related quality of life and asthma control in adult patients

Elida Zairina1, Gesnita Nugraheni 1, Gusti N.V Achmad 1, Arie Sulistyarini1, Yunita Nita1, Arief Bakhtiar2,3,4, and Muhammad Amin2,3,4

1Department of Pharmacy Practice, Faculty of Pharmacy, Universitas Airlangga, Surabaya, Indonesia
2Department of Pulmonology and Respiratory Medicine, Faculty of Medicine, Universitas Airlangga, Surabaya, Indonesia
3Department of Pulmonology, Dr Soetomo Hospital, Surabaya, Indonesia
4Department of Pulmonology, Universitas Airlangga Hospital, Surabaya, Indonesia

BACKGROUND

• Asthma affecting as many as 300 million people of all ages and all ethnic background and it is estimated that the number is increased by 2025
• When asthma is uncontrolled, it puts severe limitations on daily living and sometimes could even be fatal
• Adherence to medication, asthma control and quality of Life (QoL) have emerged as important outcomes for improving asthma management and also as communication tools between patients and their healthcare professionals

AIM

• To assess the self-reported adherence to asthma treatment and to investigate the relationship between adherence, asthma control and asthma-related quality of life.
• To describe the characteristics of patients with poor asthma control and poor adherence based on socio-demographic factors

METHODS

Study Design & Setting
• Cross-sectional
• August 2017 – July 2019
• Outpatient Respiratory Dept

Inclusion Criteria
• ≥18 years
• Used regular asthma medication within previous 12 months

Data Collection
• Demographic and Clinical Characteristics
• Asthma Control Questionnaire (ACQ)
• Asthma Quality of Life Questionnaire (AQLQ)
• Adherence to Refills and Medications Scales (ARMS)

RESULTS

• A linear regression confirm that the AQLQ scores of adults with asthma was found to be significantly inversely correlated with their asthma control scores, \( r (n=82) = -0.749, p<0.05, 95\% CI [-0.978 – -0.596], \)
• AQLQ scores = 6.094 - 0.787 (ACQ scores).

CONCLUSIONS

• Poor asthma controlled was correlated with lower asthma-related quality of life
• Further study is needed to assess the effective method to improve adherence and optimise asthma management in patients with asthma

Email: elida-z@ff.unair.ac.id