

English abstract for paper

The Effect of Bronchial Asthma Self-Care Management Model on Older Adults' Coping with their Daily Living Activities

Abstract: Persistent bronchial asthma is a prevalent chronic respiratory condition resulting in high rates of morbidity and mortality among older adults. The daily living activities of older patients with asthma is significantly affected, they often experience episodes of inactivity, therefore, controlling asthma and preventing exacerbations requires scrupulous attention to self-care management skills. **Aim:** To examine the effect of bronchial asthma self-care management model on older adults' coping with daily living activities **Design:** A pre-experimental design (one group pre-test post-test study). **Setting:** The study was conducted in three outpatient clinics in Al Mahalla Hospital for pulmonary and allergy diseases, Tanta, Egypt. **Subjects:** The study sample consisted of a convenient sample of 104 older adults with bronchial asthma. **Tools:** six tools were used for data collection: 1) Socio-demographic Characteristics of Older Adults with Bronchial Asthma Structured Interview Schedule, 2) Barthel Index (BI), 3) Knowledge of Older adults with Bronchial Asthma Structured Interview Schedule, 4) Medication Adherence Reporting Scale (MARS), 5) A Standardized Checklist of Steps in the Proper Use of a Metered Dose Inhaler (MDI) and a Dry Powder Inhaler (DPI), 6) Self-monitoring of Asthma Control and Avoidance of Asthma Triggers Questionnaire. **Results:** The study revealed that, there was highly statistical significant improvement in older adults' self-care knowledge and self-care practices post-program than before. A positive significant correlation between older adults' self-care knowledge, the proper use of inhaler, self-monitoring of asthma control & avoidance of asthma triggers and their activity of daily living was found post interventions. A negative correlation between the study subjects' adherence to asthma medications and their activities of daily living was found prior the implementation of the program.

Conclusion: the application of the proposed asthma self-care management model is effective in improving older adults' coping with their daily living activities. **Recommendation:**

development of educational programs for all nurses and other health care providers in hospitals focusing on helping elderly asthma patients how to cope with their daily living activities, and treatment regimen affected by bronchial asthma.

Keywords: Asthma, Activity of Daily living, Self-management Model, Older Adults, Medication Adherence, inhaler technique.

توقيع مقدم البحث

مقدم البحث

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English summary for paper (1)

The Effect of Bronchial Asthma Self-Care Management Model on Older Adults' Coping with their Daily Living Activities

المشاركون في البحث: د. زينب جزر القطب العجمي - د/ هناء أبو السعود حسين

د/ شربات ثابت حسنين

Background:

Persistent bronchial asthma is a prevalent chronic respiratory condition resulting in high rates of morbidity and mortality among older adults. The daily living activities of older patients with asthma is significantly affected, they often experience episodes of inactivity, therefore, controlling asthma and preventing exacerbations requires scrupulous attention to self-care management skills.

Aim of the study:

The aim of the study is to examine the effect of bronchial asthma self-care management model on older adults' coping with daily living activities.

Study design: A pre-experimental design (one group pre-test post-test study) was used

Setting: The study was conducted in three outpatient clinics in Al Mahalla Hospital for pulmonary and allergy diseases, Tanta, Egypt.

Subjects:

Subjects of the study included a convenient sample of 104 older adults with bronchial asthma were recruited from the previous setting.

Tools of the study:

Tool I: *Socio-demographic Characteristics of Older Adults with Bronchial Asthma Structured Interview Schedule*

Tool II: *Barthel Index (BI)*

Tool III: *Knowledge of Older adults with Bronchial Asthma Structured Interview Schedule*

Tool IV: *Medication Adherence Reporting Scale (MARS)*

Tool V: *A Standardized Checklist of Steps in the Proper Use of a Metered Dose Inhaler (MDI) and a Dry Powder Inhaler (DPI)*

Tool VI: *Self-monitoring of Asthma Control and Avoidance of Asthma Triggers Questionnaire*

Results: The study revealed that, there was highly statistical significant improvement in older adults' self-care knowledge and self-care practices post-program than before. A positive significant correlation between older adults' self-care knowledge, the proper use of inhaler, self-monitoring of asthma control & avoidance of asthma triggers and their activity of daily living was found post interventions. A negative correlation between the study subjects' adherence to asthma medications and their activities of daily living was found prior the implementation of the program.

Conclusion: the application of the proposed asthma self-care management model is effective in improving older adults' coping with their daily living activities.

Recommendations: development of educational programs for all nurses and other health care providers in hospitals focusing on helping elderly asthma patients how to cope with their daily living activities, and treatment regimen affected by bronchial asthma.

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