

Assessing Knowledge of Home Management for Bronchial Asthma in Adults: A Study in Selected Districts

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Abstract: *This study aims to evaluate the knowledge of adults aged 20 to 60 regarding the home management of bronchial asthma. Asthma, traditionally seen as a condition affecting younger individuals, continues to impact a significant number of older adults, leading to high mortality rates, particularly in those over 55. The research adopts a no experimental descriptive design and uses convenient sampling of 40 participants from selected districts. Self-structured questionnaires were employed to gather data, revealing varying levels of asthma management's knowledge based on demographic factors. The findings suggest that educational interventions and better awareness are needed to enhance home management practices among this population, thereby reducing the burden of asthma in adults.*

Keywords: bronchial asthma, home management, adults, knowledge assessment

1. Introduction

As the population ages, the prevalence of disease of older age will rise whilst asthma is often considered a disease of younger people, the high prevalence of asthma in the community indicates that many older people suffer from asthma with its associated impact on morbidity and mortality. Moreover, mortality and morbidity statistics suggest that older people suffer disproportionately from burden of asthma and airway disease with the majority of those dying from asthma aged over 55 years. The reasons for this are multi-faceted and relate to the pulmonary changes of ageing, perceptions of dyspnea and its meaning to older people. Difficulties in asthma diagnosis, and the burden of medication and co-morbidities which render asthma in older age-groups a unique problem deserving of specific examination and therapeutic intervention.

2. Need for the Study

The overall prevalence of asthma over the life-span indicates that the prevalence of current asthma peaks in the 10 to 24 year old age-group with a reported prevalence of 3 and 15%. Whilst many children do grow out of asthma recent longitudinal cohorts suggest that asthma may remit in as many as 65% of children with asthma, but asthma that occurs in adulthood is less likely to remit. The prevalence of current asthma in those over 65 years has been documented in Australia as between 7, 5 and 12.5% with a predominance of females. Data from the USA suggests a prevalence between 4 and 10% again with a predominance of females. One of the controversies in the diagnosis of asthma in older people is the overlap with chronic obstructive airway disease so that a diagnosis of asthma is often considered less certain in the elderly. However, Abramson and co-workers undertook a careful examination of airway disease by complex spirometry in people over age 50 and showed that asthma was evident in 35% of those with obstructive lung disease with syndromes overlapping with asthma evident in only 5% of subjects.

Statement of the Problem

A Descriptive study to assess the knowledge regarding home management of bronchial asthma among adults at selected area, selected district.

Objectives of the Study:

- To assess the level of knowledge regarding home management of asthma above 20 - 60.
- To determine the association between knowledge regarding home management of bronchial asthma above 20 - 60 years with their selected demographic variables.

Operational Definition:

- **Assess:** refers to determine the importance, magnitude, value of significant knowledge on home management of asthma.
- **Knowledge:** Facts, information and skill acquired knowledge by home management of asthma above 20 - 60 year through questionnaire method.
- **Adults:** refers to the adult whose age between 20 - 60 years.

Limitation

- Study was conducted only to the adult who having are group of 20 - 60 years.
- Semi structure tools using for study
- The study was limited to only 40 sample

3. Review of Literature

Camila Corsalan, et al (2006); Conducted a cross sectional study on socio economic risk factors for asthma in children and young adults, enlightened the association between socio economic status and asthma symptoms, severity of asthma and bronchial hyper responsiveness to methacholine, finally they found fewer asthma symptoms and bronchial hyper responsiveness among higher education and asthma symptoms among poor peoples.

4. Methodology

Research design

Non - Experimental descriptive design was used for this study.

Study setting

The study was conducted in selected area at, selected district. The following factors such as,

- To achieve the adequate number of sample size.
- It was accessible to the investigator.

Population

The population included in the study was adults above 20 - 60 years.

Sample size

Sample size is 40

Sampling technique

Convenient sampling technique was used for this study.

5. Criteria for Sample Selection

(a) Inclusion criteria

- Adults with male and female
- Adults who are willing to participate in the study
- Adults who knows Tamil and English.
- Adults with working and nonworking
- Age group is above 20 - 60

(b) Exclusion criteria

Adults who are age group of below 20 years and above 60 years. Adults

The sample for the study was adults who are age above 20 - 60 years: Adults who are not willing to participate in this study

Data Collection Instruments

Schedule, it consists of two sections

SECTION 1: Demographic variables

SECTION 2: Self - structured questions

Demographic Variables

Section 1: It consists of selected demographic variables like age. Sex, education, personal habits, socioeconomic status, source of information.

Section 2: Formula used for scoring: Obtaining score Total score 100

The self - structured questionnaires were administered by investigators. It consists of 20 questions with 4 options each correct answer having one mark

- 1) Inadequate Knowledge - below 50%
- 2) Moderate Knowledge - 51 - 75%
- 3) Adequate Knowledge - 76 - 100%

Validity

The content validity was modified based on the suggestion given by the experts

Reliability

Reliability was assessed by using test t test method

Data Collection Procedure

The study was conducted in selected primary health center at Selected District. The period of data collection was one week A written permission was obtained from the block medical officer. The researcher introduced themselves to the adults who are having age group of 20 - 60 years and developed good rapport with them. The purpose of this study explained to the every sample Oral consent was obtained by the community people. Interview technique was used Each correct answer was given a score 1 mark and wrong answer was given a '0' mark.

Data Analysis

Descriptive and inferential statistic was used

Descriptive

Frequency and percentage distributions were used to determine the demographic variables

6. Data Analysis and Interpretation

Section A

Table 1: Frequency and percentage description of school students according to the selected demographic variables.

S. no	Demographic Variables	Frequency	Percentage
1	Age in year		
	20 - 25 years	15	37.50%
	26 - 30 years	8	20%
	31 - 35 years	10	25%
	Above 35 years	7	17.50%
2	Gender		
	Male	15	37.50%
	Female	25	62.50%
3	Education		
	Illiteracy	7	17.50%
	Primary	19	47.50%
	Secondary	4	10%
	Degree	10	25%
4	Personal habits		
	Alcohol	13	32.50%
	Smoking	16	40%
	Tobacco	4	10%
	None	7	17.50%
5	Socio economic status		
	Low	11	27.5
	Middle	22	70%
	High	7	3.33%
6	Sources of information		
	Newspaper	5	12.50%
	Television	25	62.50%
	Radio	7	17.50%
	Neighbourhood	3	7.50%

7. Discussion

Out of 60 samples the frequency and percentage distribution of demographic variables revealed that 25 (41.67%) were in

the age group of 20 - 25 years, 35 (58.33%) were in the male, 23 (38.33%) were in uneducated, 30 (50%) were in low class, 28 (46.67%) were in none. 25 (41.67%) were in television. There is association between the selected demographic variables and the knowledge regarding home management of asthma among adults. The second objective of the study is To determine the association between knowledge regarding home management of asthma above 20 - 60 years with their selected demographical variable. The finding of the study concluded there is association between the levels of knowledge regarding home management of asthma among adults. Nursing education equipped to develop essential knowledge, skill and attitude wards the early detection, management, prevention, promotion of illness. Nursing student should be given necessary theoretical and practical on home management of asthma among adults in nursing curriculum. The finding of the study enlightens the knowledge regarding prevention of asthma among adults. • In service education can be planned for the nursing personal in both health setting as well as in community area also awareness to be created regarding prevention of asthma among adults. The sure should be active part in recommendation of low- cost care. The nursing administration is to undertake the health needs most vulnerable by effective organization and Nursing administration must appropriate the current information provide to the nurses so they are capable of educating the home management of asthma.

8. Conclusion

The study concludes that adult aged 20 to 60 possess varying degree of knowledge regarding the home management of bronchial asthma, influenced by demographic factors such as age, education, and socio- economic status. The result emphasizes the importance of targeted educational programs to equip individual with better asthma management practices, ultimately reducing asthma related complications. Nursing professionals and health care administrators should play a key role in fostering awareness and providing low - cost solutions to improve asthma care at home.

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