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## Effect of health education on improving adherence in asthmatic patients in the department of chest and tuberculosis of a tertiary care hospital in India

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Non-adherence is a major problem in the treatment of many chronic diseases. Asthma is one such chronic disease where non-adherence is a major problem. Several factors for non-adherence like cost of the drugs and relief of symptoms on taking medications for a short time are common to all chronic diseases, but in asthma, inhalation therapy especially in elderly because of senile changes, economic factors and comorbidities. Health education can improve the compliance. So a study was undertaken to observe the causes of non-adherence in asthmatics, to compare these causes in elderly and young asthmatics and to see the effect of health education on non-adherence in asthmatics. One hundred patients of bronchial asthma, group A consisting 50 patients >65 years old and group B 50 patients <40 years attending tuberculosis and chest diseases hospital. Initial compliance and reasons for non-compliance, initial usage of inhalation devices and their techniques of inhalation were studied. Patients were educated on asthma and inhalation therapy. These patients were followed up at 15th day, 1st, 2nd and 3rd months for changes in compliance and lung functions. At the initial stage, non-compliance was observed in 30 patients (60%) amongst elderly and only 15 patients (30%) amongst young. Only 23 (46%) amongst the elderly, and 33 (66%) young were put on inhalation therapy. There was statistically significant difference between elderly and young with respect to all the above factors, in which improvement in compliance was found in both groups, but more so in young.

### Biography

Siva Bharat G received his degree in Bachelor of Pharmacy from A. N. University in the year of 2013. Currently he is pursuing Doctor of Pharmacy (PharmD) post baccalaureate degree in Raghavendra Institute of Pharmaceutical Education and Research (RIPER), Anantapuramu, Andhra Pradesh. He is a member of various professional organizations like ISPOR, ISPOR - India Andhra Pradesh chapter. He is an active participant and acted as student volunteer in organizing committee of ISPOR - India Andhra Pradesh chapter. To his credit he has 02 national publications.

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