

European Respiratory Society Annual Congress 2012

Abstract Number: 403

Publication Number: P4100

Abstract Group: 7.2. Paediatric Asthma and Allergy

Keyword 1: Asthma - management **Keyword 2:** Children **Keyword 3:** Quality of life

Title: Assessment of quality of life in asthmatic children. A case- control study

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Body: Introduction: Health-related quality of life(HRQL)has become an increasingly important issue in the management of asthma and it is now often used to evaluate the effectiveness of antiasthma drugs. Objective: to assess impairment in QOL in asthmatic children and to determine the influencing factors. Methods: 230 asthmatic outpatients, aged 7-18 years,from chest outpatient clinic in school health insurance,Assiut,compared with another 272 non asthmatic patients.Two questionnaires were used for each patient;asthma questionnaire and St George's Respiratory Questionnaire(SGRQ)to assess QOL. Results: Asthma affected boys more than girls(62.2%and37.8%).The mean age of asthmatic children was 9.1±2.1 years.Allergic rhinitis were highly significant associated with asthmatic patients.About40% diagnosed as uncontrolled asthma based on their night awakenings,70%and 26.5% based on their activity limitation and daytime symptoms.Severe asthma reported in 42.6%.Asthma affects quality of life of all patients.There were significant differences between the two groups as regard Symptom, Activity, Impact and Total score (all P < 0.0001)of St George'.There was a negative correlation between asthma severity and quality-of-life score.Allergic rhinitis,was strongly and negatively associated with the overall SGQLQ score(p =0.038).Lower QoL was associated with school absences,younger females(<10 years)and among patients with poorer adherence to treatment.Asthma affected all life style of the majority of patients as, physical exercise limitation,sleep disturbance, and emotional function etc. Conclusions: Bronchial asthma significantly affected QOL of children,so reduce asthma severity and improve asthma symptom attempts to improve their QOL.