

A Brief Description of a Study on Asthma Patients Related to Socio-Economic Status and Management in India (Rajasthan)



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COLUMN ARTICLE

Introduction

Asthma is chronic inflammatory disease of lower airways which is quite complex in nature. More than 300 million people are suffering due to Asthma all over world and about 30 million are in India [1]. Another study suggest the overall prevalence is around 2.38% [2]. But the fact remain same in a country like India having population it is quite difficult to assess actual prevalence of Asthma. So, more research related to the subject will clear the actual picture. The patients are not completely aware about their disease. Awareness level regarding asthma is quite poor as may be due to low literacy level.

Asthma and COPD are increasing all over world at a significant pace. The south Asian countries are the most rapidly developing countries in the world. However, with appropriate medication, medical care and self-management most asthma symptoms are preventable. Inhaled corticosteroid

therapy, breathing exercises, relaxation techniques and prevention of asthma triggers are essential components of the management of bronchial asthma [3-8].

My research main goal was to study the association or role of socio-economic status among already diagnosed patients. To determine the association between selected demographic variables with awareness and practice regarding prevention of recurrent attacks of asthma. Research design is descriptive survey. A detailed questionnaire was prepared to collect primary data. Validated by experts.

- **Independent variables:** Age, Gender, education, occupation, place of living, income of the family, dependents.
- **Dependent variables:** Awareness and practices of bronchial asthma patients.

The primary data was collected by healthcare professional with desired qualification over a period of three months. The sample size was 500 asthmatic patient diagnosed by chest physician. The limitation of the study were

patient between 18 - 60 years to maintain the homogeneity of sample. The sample universe was Rajasthan (India).

The data of 30 patient was analyzed as a pilot study. The analysis was done by using descriptive and inferential analysis.

- **Descriptive statistics:** Frequency, mean, mean percentage, and standard deviation are used to describe demographic variables.

Inferential statistics: t pair test, Chi square test to find out the association between selected variables.

RESULT

The Asthma patients are low literacy level and middle an higher income group, female staying indoor is having more asthma symptoms as compared female staying away from house. Age group 30 - 55 having asthma in data studied.

CONCLUSION

The Socio-economic factors are indeed associated in Asthmatic patient who participated in study. Variable like age, gender, income, education, profession and even the dependent members of the family may affect on asthma. The complete result be released when the study will be published.

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