

**A STUDY TO UNDERSTAND KNOWLEDGE ,
AWARENESS AND PRACTICES OF ASTHMA IN
MEDICAL / HEALTH / PHARMA GRADUATE
STUDENTS IN JAIPUR AND MEERUT REGION**

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WHAT IS ASTHMA ?

- Asthma is a chronic disease that affects our airways.
- Approximately 235 million people worldwide are affected by asthma, and roughly 250,000 people die per year from asthma-related causes.
- Asthma is characterized by inflammation and spasm of the airways. Airways are tubes that carry air in and out of your lungs.
- In asthma, the inside walls of the airways become sore and swollen. That makes them very sensitive, and they may react strongly to things that are allergic to or find irritating.

CAUSES OF ASTHMA

- **Allergies:** Having allergies can raise our risk of developing asthma.
- **Environmental factors:** People can develop asthma after exposure to things that irritate the airways. These substances include allergens, toxins, fumes and second- or third-hand smoke. These can be especially harmful to infants and young children whose immune systems haven't finished developing.
- **Genetics:** If our family has a history of asthma or allergic diseases, then there is a higher risk of developing the disease.
- **Respiratory infections:** Certain [respiratory infections](#), such as [respiratory syncytial virus \(RSV\)](#), can damage young children's developing lungs.

SYMPTOMS OF ASTHMA

- People with asthma usually have obvious symptoms. These signs and symptoms resemble many respiratory infections:
- Chest tightness, pain or pressure.
- Coughing (especially at night).
- Shortness of breath.
- Wheezing.

TREATMENT OF ASTHMA

- **Bronchodilators:** These medicines relax the muscles around your airways. The relaxed muscles let the airways move air. They also let mucus move more easily through the airways. These medicines relieve your symptoms when they happen and are used for intermittent and chronic asthma.
- **Anti-inflammatory medicines:** These medicines reduce swelling and mucus production in your airways. They make it easier for air to enter and exit your lungs. Your healthcare provider may prescribe them to take every day to control or prevent your symptoms of chronic asthma.
- **Biologic therapies for asthma:** These are used for severe asthma when symptoms persist despite proper inhaler therapy.

RESEARCH OBJECTIVE

- To study the level of awareness and knowledge of asthma in graduate students in Meerut and Jaipur region .
- To study the practices of management of asthma in graduate students in Meerut and Jaipur region.

RESEARCH METHODOLOGY

STUDY DESIGN - Cross – sectional study approach .

STUDY TOOL – For the purpose of study a pre – designed questionarrie in the form of google form was prepared and used to get the data regarding the asthma knowledge and awareness .

STUDY SAMPLE – The sample size of the study was 89 students from Jaipur and Meerut .

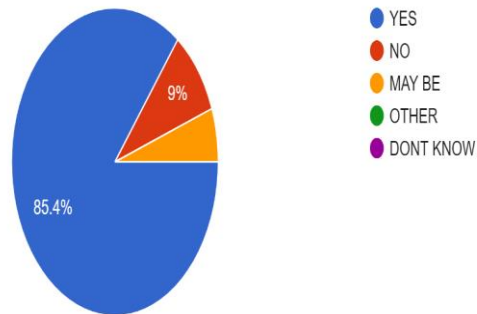
TYPE OF RESEARCH – Primary research .

DURATION – 3 Months .

RESULT AND INTERPRETATION

Do you know about asthma ?

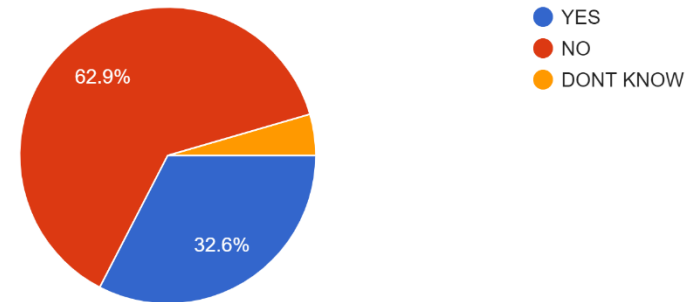
89 responses



Out of 89 responses collected during the study , 85.9 % students know about asthma , 6% are not sure whether they know or not and 9% don't even know about asthma .

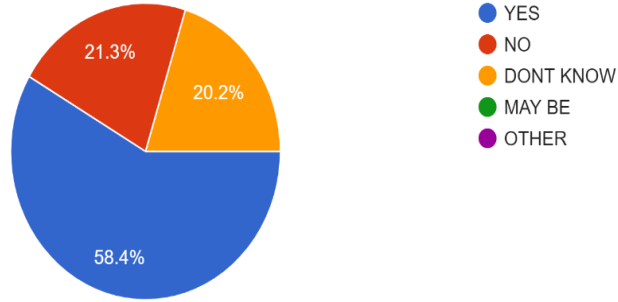
Are you asthmatic patient or do you have any history of asthma in your family?

89 responses



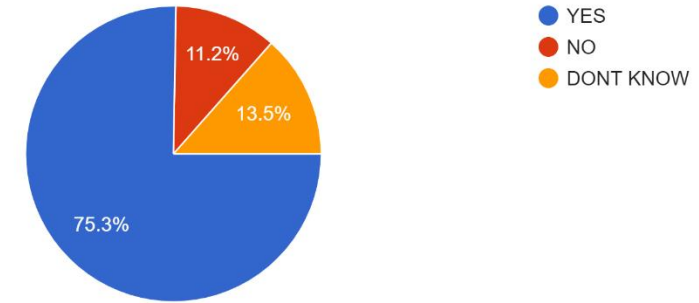
Out of 89 responses collected during the study , 62.9 % are not asthmatic and do not have history of asthma in there family ;32.6% are asthmatic or have history of asthma in their family and rest do were not aware .

Do you know asthma is a reversible condition?
89 responses



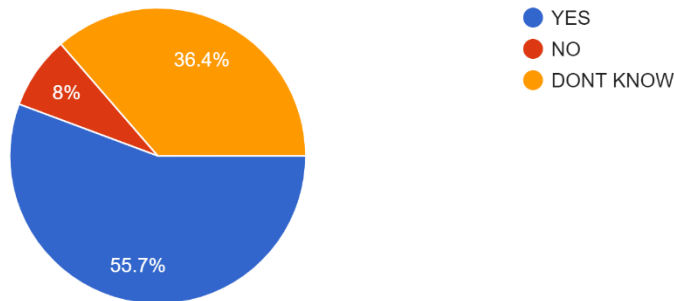
Out of 89 responses , 58.4% know that asthma is reversible condition and rest of the respondents have no idea about this.

Asthma can be induced by inhaled smoking?
89 responses



Out of 89 respondents , 75.3 % are aware of the fact that asthma can be induced by inhaled smoking and rest of the respondents have no idea .

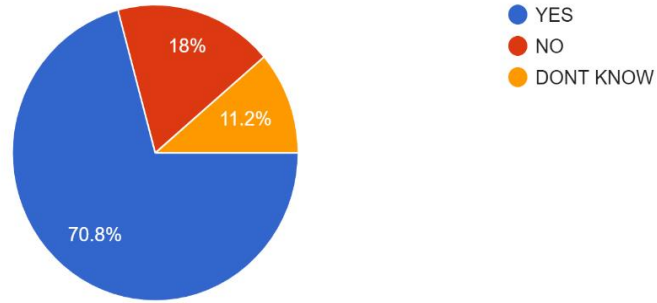
Does level of surfactant of lungs decrease in asthma?
88 responses



Out of 89 respondents , 55.7 % of respondents know that level of surfactants decrease in asthma ; 8 % think that level of surfactant do not decrease and rest 36.4 % do not know.

Can asthma be triggered by emotional changes ?

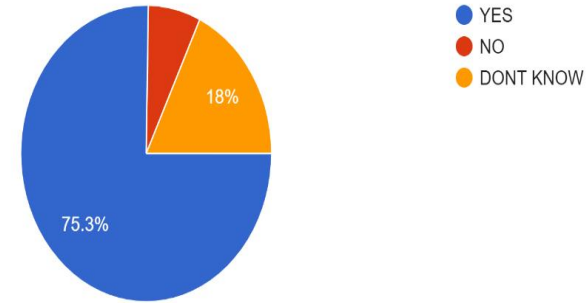
89 responses



Out of 89 respondents ,70.8 % know asthma is triggered by emotional changes and rest of the respondents do not know .

Asthma can cause dyspnea?

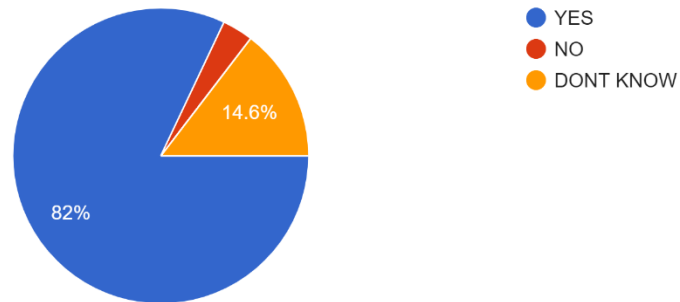
89 responses



Out of 89 respondents , 75.3 % respondents are aware about dyspnea and rest do not know .

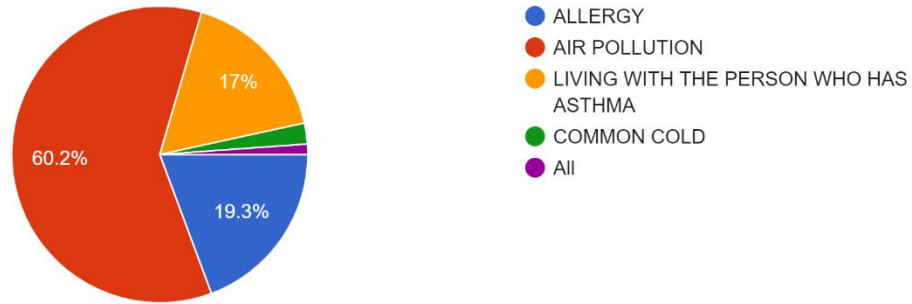
The best way to take asthma medicines is by inhalation

89 responses



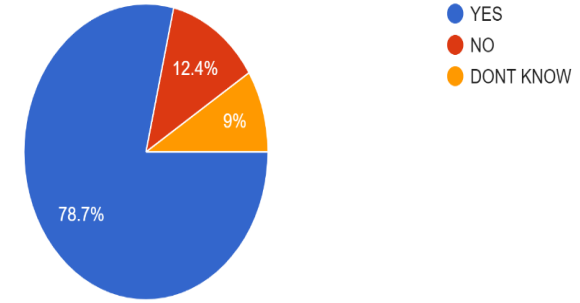
Out of 89 respondents , 82% think that asthma medicines is taken by inhalation and 14.6 % think that its not the best way and have no idea .

Asthma symptoms can be caused by –
88 responses



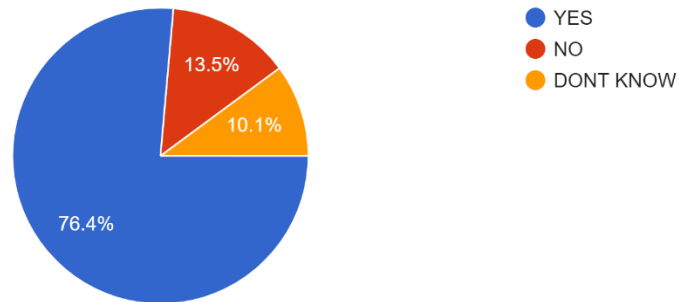
Out of 88 responses , it is cleared that the main cause of the asthma is air pollution and least caused by common cold .

Do you know about inhaled corticosteroids ?
89 responses



Out of 89 respondents , 78.7 % know about inhaled corticosteroids and rest do not know .

Do you know how inhaled corticosteroids work?
89 responses



Out of 89 respondents , 76.4 % know how corticosteroids work and rest do not know .

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CONCLUSION

- We performed this study in order to understand the level of knowledge , awareness and practices of asthma in medical / health / pharma graduate students in Jaipur and meerut region.
- It was found that some students do not even know about asthma which is really a matter of concern.
- Some students have a history of asthmatic patient in their family which shows has asthma has a high prevalence rate in our society
- More than half of the student are aware of the fact that asthma can be induced by inhaled smoking and rest of the respondents have no idea .

CONCLUSION

- Nearly half of the people know that level of surfactants decrease in asthma.
- Asthma is triggered by emotional changes also as concluded from the above research.
- It is concluded from the responses that asthma medicines are best taken by inhalation.
- More than half of the respondents know about inhaled corticosteroids and rest do not know
- So , it was found that more than half of the students have a good knowledge asthma and were aware with different facts releated with asthma .

THANK YOU