Abstract

Introduction: Early identification and commencement of the treatment process prevents the impact of illness, morbidity, and mortality of bronchial asthma. Hence, nurses and the health care professionals should educate the patients and the family members about the disease process in detail. Objective: To identify the impact of APGAR (Activities, Persistence, Triggers, Adherence to asthma medications, Response to therapy) score on asthma control among patients with bronchial asthma and find the association of APGAR with selected demographic variables. Methods: The study was conducted in Chest OPD adopting a quantitative study design at Sri Ramachandran Hospital, Chennai, and Tamil Nadu. Sixty patients were selected by using convenient sampling technique. Results: Out of these sixty patients forty-four (73%) had inadequate control and 16 (27%) adequate control over their symptoms and treatment. There was a significant association between the APGAR with the family history and the duration of asthma. Conclusion: The identification of asthma APGAR dimensions and control status is essential in order to improve the patient’s well-being and quality of life. Nurses should be familiar about the knowledge of disease process, pharmacodynamics, and pharmacokinetic aspect of each drug prescribed to patients and the response to therapy. This can be facilitated by outpatient based early assessment, identification of risk factors and education to improve their well-being.

Keywords: APGAR score, Asthma control, chronic diseases, Bronchial asthma