

The Effect of COVID-19 on Asthma Control: A Cross-Sectional Study

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ABSTRACT

Background: The COVID-19 pandemic has significantly affected healthcare systems worldwide and the way patients with chronic conditions, such as bronchial asthma, are managed.

Objectives: This study sought to investigate the impact of the pandemic on the management of asthma by examining alterations in hospital admission rates, daily activities, the frequency of asthma symptoms, and the utilization of medication among patients.

Material & Methods: The study adopted a cross-sectional design to gather data from 200 participants, with a majority of them being females (86.4%). The data were collected through self-reported measures.

Results: The results of our study demonstrate a notable decrease in hospital admissions for asthma, declining from 11.6% prior to the pandemic to 6% afterwards. This suggests a potential change in patient conduct or healthcare accessibility during the pandemic. In addition, the study found a significant rise in disruptions to daily activities and a greater occurrence of asthma symptoms unrelated to breathing, even though medication usage remained consistent.

Conclusion: These findings emphasize the intricate difficulties experienced by individuals with asthma during the pandemic, such as heightened psychological distress and alterations in healthcare utilization patterns. Our research enhances the comprehension of the impact that pandemics can have on the management of chronic diseases and emphasizes the necessity for flexible healthcare strategies to assist patients during such periods. Subsequent investigations should prioritize conducting longitudinal studies to analyze the enduring impacts of the COVID-19 pandemic on the management and regulation of asthma.

Keywords: COVID-19, Asthma, Control, Inhalers, Nebulizer

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