

**SELF-MANAGEMENT PROGRAM AMONG ADULT PATIENTS  
WITH ASTHMA: EVIDENCE-BASED NURSING**



**MD. ABUL KALAM AZAD**

**A THEMATIC PAPER SUBMITTED IN PARTIAL FULFILLMENT  
OF THE REQUIREMENTS FOR THE DEGREE OF MASTER OF  
NURSING SCIENCE (ADULT NURSING)  
FACULTY OF GRADUATE STUDIES  
MAHIDOL UNIVERSITY**

Copyright by Mahidol University

**COPY RIGHT OF MAHIDOL UNIVERSITY**

**SELF-MANAGEMENT PROGRAM AMONG ADULT PATIENTS WITH  
ASTHMA: EVIDENCE-BASED NURSING**

**MD. ABUL KALAM AZAD 5538723 NSAN / M**

**M.N.S. (ADULT NURSING)**

**THEMATIC PAPER ADVISORY COMMITTEE: WIMOLRAT  
PUWARAWUTTIPANIT, Ph.D. (NEUROSCIENCE), ORAPAN THOSINGHA,  
D.N.S.**

**ABSTRACT**

Asthma is a chronic disease and can be well controlled if patients are able to manage their symptoms properly. A sufficient amount of evidence has shown that patients who attended at asthma self-management education program had more effective asthma control and less morbidity from asthma.

The purpose of this study was to summarize current evidence from self-management programs on asthma control among adult patients with asthma. The study applied the search strategy PICO (Population Intervention Comparison Outcome) framework to investigate and select relevant evidence from electronic database sources from the Mahidol University library system. Thirteen studies which comprised 1 systematic review of RCTs (Randomized Control Trials), 11 RCTs and 1 expert opinion were selected according to their reliability, validity and applicability. After synthesizing the 13 documents it is recommended that: 1) self-management program can be conducted through hospital teaching activities, small group discussion, individual teaching, and telephone follow-up; 2) the contents in the program should cover etiology of asthma, risk reduction, proper use of medications and regular exercise; 3) skill training on techniques of using inhaler, a peak flow meter (PEM), and monitoring of peak expiratory flow (PEF) should be emphasized; 4) teaching materials such as video tapes, booklets, educational pamphlet should be used to facilitate the teaching and learning process; and 5) to assure the effectiveness of the program, the specific outcomes such as self-management behaviors, rate of hospital readmission should be measured.

It is recommended that the self-management program should be applied to appropriately work with the clinical practices in Bangladesh. The implementation of these activities should be performed to ensure improvement. Further research to evaluate the effectiveness of self- management program is also recommended.

**KEY WORDS: ADULT PATIENTS WITH ASTHMA / SELF-MANAGEMENT  
PROGRAM / ASTHMA CONTROL / EVIDENCE-BASED  
NURSING**

49 pages