

**FACTORS RELATED TO QUALITY OF LIFE AMONG
PATIENTS WITH ASTHMA**



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(NEUROSCIENCE), WALLADA CHANRUANGVANICH, D.N.S.,**ABSTRACT**

Asthma is also viewed as the major health problem in the world and in Vietnam. It has effects on quality of life (QOL) of people and economy of the country. In recent years studies have assessed which factors are associated with QOL in patients with asthma.

The aim of the study was to study the relationship between level of dyspnea, FEV1, social support and QOL in patients with asthma. In this study, research used symptom management theory as research framework.

A descriptive correlation research was conducted among 115 patients with asthma in a tertiary care hospital in Hanoi, Vietnam. The sample were ones aged 18 years and above. Data were collected by using patients' hospital record and interview the patients with interviewing forms. Spearman's rho was employed to test the relationship among all variables.

The result showed that the mean QOL was 7.96 (SD=4.10). The group of highly dyspnea accounts for 8.70%. The group of lowest dyspnea accounts for 17.39%. The level of dyspnea is negatively correlated with QOL ($r = -0.788$, $p < 0.05$). In this study, the mean of FEV1 was 68.20 (SD=22). FEV1 was positively medium correlated with QOL ($r = 0.674$, $p < 0.05$). Patients who receive social support was reported as had a significant and positive relationship with QOL in asthma patients ($r = 0.244$, $p < 0.05$).

In conclusion, QOL among patients with asthma is under the influence of many factors, including symptom experience. In order to improve QOL, it is recommended that nurses should assess and manage patients' symptom, control their level of dyspnea and promote their social support. Standard guidelines should be developed and implemented. Moreover, further research should be conducted to test effectiveness of the guidelines.

KEY WORDS: QUALITY OF LIFE / ASTHMA / SOCIAL SUPPORT /
LEVEL OF DYSPNEA / FEV1

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