

IMPORTANCE OF DRUG NEBULIZATION IN SELECTED AGE-GROUPS OF ASTHMA PATIENTS

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Objective: To evaluate the importance of introducing nebulization in bronchial asthma in different age-groups of patients to help self-modify therapy.

Material and methods: The following age-groups of asthma patients being under the care of a specialized outpatient aerosolotherapy clinic were studied: 5-8 years old - 136 children (85 boys and 51 girls) and 60-87 years old - 122 adult patients (73 men and 49 women). The patients had had a chronic treatment regimen with the use of MDI or powder inhalators which was switched to aerosolotherapy when an exacerbation appeared.

Results: During a year's observation, among the 136 children, there were 8.8% without exacerbations, 27.9% with 1-2, 41.9% with 3-4, and 21.4% with more than 4 exacerbations. No child required hospitalization during exacerbations after switching to nebulized administration of drugs in adequate doses. The duration of exacerbations ranged from 4 to 8 days. In the group of 122 adult patients, there were 15.6% without exacerbations of the disease, 9.8% with 1-2, 18.1% with 3-4, and 56.5% with a greater number of exacerbations. In this group, on average, the length of exacerbations was 6-14 days, 8 patients were sent for hospital treatment.

Conclusions: 1/ The use of nebulized inhalant drugs streamlines the management of asthma and reduces the number of patients targeted for hospital treatment; 2/ A patient educated in the use of nebulized drugs becomes a co-responsible partner in the treatment process; and 3/ Increased incidence of exacerbations, especially of more than 3 per year, indicates the need for a visit in a specialized clinic at least every 2-3 months.