

RELATIONSHIPS BETWEEN QUALITY OF LIFE, SOCIODEMOGRAPHIC VARIABLES, SOMATIC STATUS AND HEALTH CARE SERVICES IN PATIENTS WITH ASTHMA

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The purpose of this study was to determine the relationships between quality of life (QoL) in patients with asthma, their socio-demographic variables, somatic status and a level of health care utilization. The study involved 239 adults with asthma (123 hospitalized patients and 116 patients of family physicians). The sample group was dissatisfied with their health (2.8 ± 0.9 points in the WHOQOL-BREF) and moderately satisfied with QoL (3.4 ± 0.8 points in the WHOQOL-BREF). Hospitalized patients had a higher somatic index. The main symptoms were: dyspnea, chest pain, and high blood pressure. No differences were observed between the groups in their levels of total QoL (53.9 ± 10.1). Socio-demographic variables influenced the level of QoL, and the strongest factors were: young age, higher education, marriage, lack of somatic symptoms, and infrequent use of health services. The QoL assessment with respect to socio-demographic variables, somatic symptoms and health care services, helps us to understand the complex bio-psycho-social status of asthmatic patients at different stages of the disease, and tailor therapy to their individual needs. Patients with lower QoL levels require health education, which can alleviate somatic symptoms, and thus reduce the quantity of treatment required.