PhD Thesis title: A Study to Evaluate the Effectiveness of selected Nursing interventions on Knowledge, Practices and QOL among patients with Bronchial asthma in the selected hospitals of Hyderabad.

**Introduction/Background:** Asthma is the most chronic respiratory disorder affecting all age groups. Asthma management continues to be a public health challenge; hence it has been the focus of clinical and public health interventions. Some of the most common reasons for the uncontrolled asthma are non-adherence to treatment, poor knowledge and skills in disease management. Asthma management is closely related with asthma control, indicated by the absence of symptoms, minimal use of relievers, normal activity levels, and lung function values close to normal, absence of asthma exacerbations over a long period of time. Insufficient knowledge and inappropriate beliefs and behaviors widen the gap between the guidelines and actual practices. Though the morbidity related to asthma is mostly preventable, its prevalence is on rise. High prevalence and poor control of asthma makes its management a major public health issue worldwide. Uncontrolled asthma impairs individuals’ quality of life and increases the frequency of asthma exacerbations.

**Aim:** The present study aims to assess the impact of selected nursing interventions on Knowledge, Practices and Quality of life among bronchial asthma patients.

**Objectives:**
1. To develop the selected Nursing interventions in caring for Bronchial asthma patients.
2. Assess and evaluate the Knowledge of Bronchial asthma patients before and after the administration of selected nursing interventions.
3. Assess and evaluate the Practices of Bronchial asthma patients before and after the introduction of selected nursing interventions.
4. Assess and evaluate the Quality of Life (QOL) of Bronchial asthma patients before and after the introduction of selected nursing interventions.
5. Associate the selected demographic variables with Knowledge, Practices and QOL in the experimental and control groups.
6. Associate the correlation between Knowledge, Practices and QOL.

**Materials and Methods:** The present study adopts Quantitative Research approach. The Experimental Research design used in the study was Pre test – Post test control group design. The experimental (n=100) and control (n=50) groups were selected by simple random sampling. Pre tested structured knowledge Questionnaire, Structured Observation checklist for the practices and Prof.Juniper’s Asthma quality of life questionnaire (AQLQ(s)) were the study instruments for the data collection. After the pre test the selected nursing interventions was administered to the study
sample irrespective of their knowledge levels and its effectiveness was tested with the post test through the same foresaid tools.

**Results:** The Study findings showed that the baseline Knowledge (16.030 and 15.180), Practices (10.880 and 9.360) and quality of life (104.860 and 105.560) was significantly lower and not showed much variation between experimental and control groups respectively. The post test Knowledge levels in the experimental group were enhanced remarkably in the intervention group (41.700±9.150) in comparison to control group post test(15.600±1.948), with experimental group ‘t’ value 30.252 and p<0.001 level of significance. The post test practice means for the experimental group were 22.170, which is much higher to post test means of Control group(9.640) with t value 21.398 at p < 0.001 level of significance. Significant improvement in the QOL among experimental group were assessed (202.280±14.027) in comparison to the control group (118.080±40370) with 41.589 t value at p<0.001 level of significance. There is a significant improvement within the pre test (3.81±1.656)) and Post test scores in the experimental group (6.91±0.831) in use of inhalation technique. The post test means between experimental (6.94) and control groups (4.92) supports the significant enhancement in the performance of inhaler use in the experimental subjects. Knowledge of the experimental group after asthma education is significantly raised in both Peak flow meter use (mean 3.5 and 7.71) and Deep breathing and coughing exercises (mean scores of 4.79 and 9.3).

**Conclusion:** Selected nursing interventions on asthma knowledge, practices and quality of life show a strong means to equip patients with right knowledge, practices and improve quality of life effectively. Adequate knowledge may further motivate patients towards behavior modification and disease control. Further studies are required to evaluate the impact of practices on frequency of asthmatic attacks and in improving quality of life of asthmatic patients in larger sample from wide geographical areas and on long term basis.

Key Words: Bronchial asthma, Effectiveness, Asthma Knowledge, Selected Nursing interventions, Practices, Quality of Life, Self monitoring.