Do Malaysian asthma patients use asthma action plans? A cross sectional study in Malaysian primary care

H. Salim1,2, P. Y. Lee3, S. S. Ghazalli1, A. T. Cheong1, H. H. Noor1, S.M. Isa1, J. Aris3, V. Rao3, N. Salimah2, M. Maimunah1, P. S. Lee3, H. Pincock2

1Universiti Putra Malaysia - Serdang (Malaysia), 2University of Edinburgh - Edinburgh (United Kingdom), 3Primary Healthcare, Ministry of Health - Selangor (Malaysia)

Introduction

• Supported self-management, including provision of an asthma action plan (AAP) improves asthma control and overall health outcomes.1-3

• However, the concept of self-management and use of asthma action plan among Asian population is relatively new.

• The aim of this study is to determine the prevalence of AAP ownership among asthma patients and their characteristics in Malaysia primary care.

Methods

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<th>Methodology</th>
<th>Details</th>
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<td>Study design</td>
<td>Cross-sectional</td>
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<td>Setting</td>
<td>Public primary health centres, Klang (5 clinics)</td>
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<td>Sample population</td>
<td>Adults (&gt;18-year-old) diagnosed with asthma</td>
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<td>Data collection period</td>
<td>1 October 2017 – 31 January 2018</td>
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<td>Sampling method</td>
<td>Sampling (every 2nd patient with asthma attending the clinic)</td>
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<td>Sample size</td>
<td>The sample size is calculated using a formula (based on Daniel,1999) and 30% attrition rate = 540</td>
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<td>Questionnaire</td>
<td>Assisted completion of questionnaires: 1. Demographic and clinical profiles 2. Reported ownership of action plans 3. Asthma control questionnaire (ACQ)</td>
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<td>Data analysis</td>
<td>Chi square tests were used to associate categorical variables with the primary outcome. Multivariate logistic regressions were used to adjust for confounders. Associations were considered significant at 95% confidence interval if p&lt;0.05.</td>
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Results

• Total number of participants: 550; Response rate: 87% (550/632)

• Only 160 (29.1%) own AAP, which are written in Malay language

• Of those who owned an AAP, 106 (66.2%) were confident to use it

Discussion and conclusion

• Ownership of AAP (29.1%) in this study is similar to the data in the developed nations across Europe and Australia.5-7 However, two of the clinics involved in this study have dedicated programmes for asthma care. The findings may not be the same to other primary care setting which do not have facility for this.

• Most AAPs are written in the Malay language, thus, it is interesting to see that majority of patients who own AAP are from Malay ethnic group (47.5%).

• Education, usage and confidence in using an AAP for asthma self-management is sub-optimal among asthma patients in Malaysian primary care.

• Supported asthma self-management in this population must be strengthened.

References


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AAP in Malay language