

## Introduction

- Six million children nationwide have been diagnosed with pediatric asthma (CDC, 2018a).
- HRQOL has continued to be present as an issue in the pediatric asthmatic population (Ramratnam et al., 2017).
- **HRQOL can be an indicator of asthma control, quality of treatment adherence and interventions.**

### Psychological Impact-Anxiety

- Avcil et al. (2019) reported children's anxiety scores were significantly higher in children with asthma ( $p < 0.001$ ) than in healthy children.
- Patients with anxiety showed lower QOL when compared to control group ( $p=.001$ ) (Wang et al., 2016).

### Physical Impact

- The more asthma triggers a pediatric asthmatic is exposed to correlates with worsening QOL ( $p < .001$ ) (Kansen et al., 2019).

### Family Impact

- Higher asthma severity is correlated with lower QOL in primary caregivers of children with asthma ( $p=0.01$ , CI 95%) (Bellin et al., 2015).

## Methodology

### Aim

- Address HRQOL associated with asthma in the pediatric population.

### Setting

- An academic medical center, division of pediatric pulmonary located in the central ward of New Brunswick, NJ.

### Population

- Convenience sample of 93 participants

### Measures

- PedsQL™ Asthma Module
- Demographic questionnaire.

### Data Analysis

- Quantitative descriptive statistics was used
- No coding was done

## Discussion

- The recommendation to clinical practice was to encourage and reinforce the importance of the patient (particularly age 8-18) being responsible for their own medicine/ treatment. For example, strategies, checklists, handouts or apps that may assist with reminders for carrying their medication or taking their medication.
- The recommendations to clinical practice regarding asthma symptomology would be to incorporate these increased symptoms into the asthma action plan.
- The goal of the recommendations are to improve the HRQOL of patients with asthma and improve and manage their symptoms.
- Screening for HRQOL with the PedsQL™ Asthma Module gives the ability to providers to assess psychological and physical symptoms of the patient along with ability to assess for efficacy and adherence of interventions.

## Demographic Questionnaire/ PedsQL™ Asthma Module

ASTHMA (problems with...)	Never	Almost Never	Sometimes	Often	Almost Always
1. Pain or tightness in his or her chest	0	1	2	3	4
2. Feeling wheezy	0	1	2	3	4
3. Having asthma attacks	0	1	2	3	4
4. Getting scared while having asthma attacks	0	1	2	3	4
5. Getting out of breath	0	1	2	3	4
6. Coughing	0	1	2	3	4
7. Taking a deep breath	0	1	2	3	4
8. Having a stuffy or runny nose	0	1	2	3	4
9. Waking up at night with trouble breathing	0	1	2	3	4
10. Playing with pets	0	1	2	3	4
11. Playing outside	0	1	2	3	4

TREATMENT (problems with...)	Never	Almost Never	Sometimes	Often	Almost Always
1. Medicines making him or her feel sick	0	1	2	3	4
2. Trouble sleeping because of medicines	0	1	2	3	4
3. Trouble using his or her inhaler	0	1	2	3	4
4. Disliking carrying his or her inhaler	0	1	2	3	4
5. Being responsible for his or her medicines	0	1	2	3	4
6. Controlling his or her asthma	0	1	2	3	4
7. Refusing to take medicines	0	1	2	3	4
8. Forgetting to take medicines	0	1	2	3	4
9. Getting anxious when he or she has to have medical treatments	0	1	2	3	4
10. Getting anxious about going to the doctor	0	1	2	3	4
11. Getting anxious about going to the hospital	0	1	2	3	4

WORRY (problems with...)	Never	Almost Never	Sometimes	Often	Almost Always
1. Worrying about side effects from medical treatments	0	1	2	3	4
2. Worrying about whether or not medical treatments are working	0	1	2	3	4
3. Worrying about his or her asthma	0	1	2	3	4

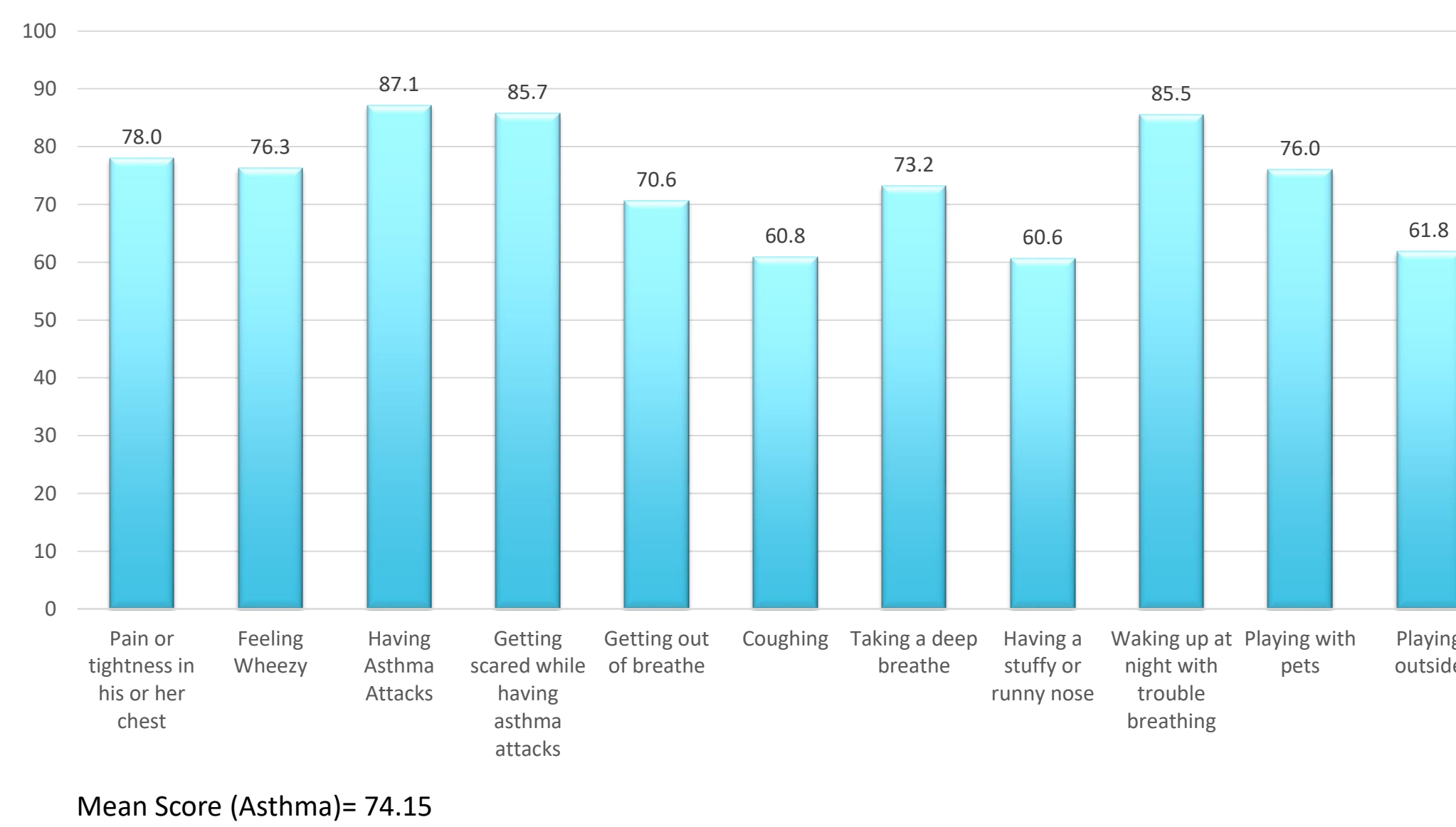
  

COMMUNICATION (problems with...)	Never	Almost Never	Sometimes	Often	Almost Always
1. Telling the doctors and nurses how he or she feels	0	1	2	3	4
2. Asking the doctors or nurses questions	0	1	2	3	4
3. Explaining his or her illness to other people	0	1	2	3	4

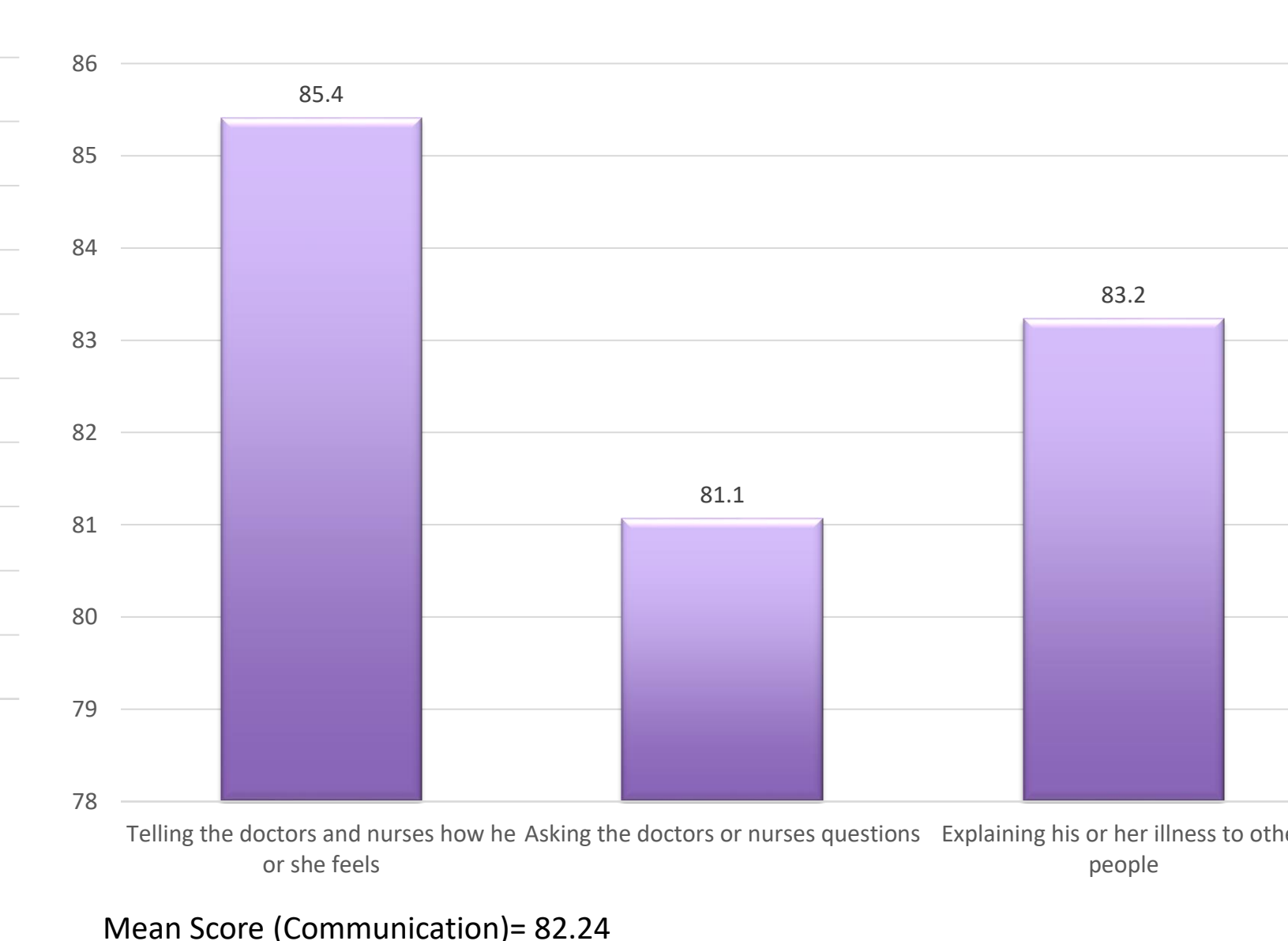
1. Patient's age
2. Gender
3. Ethnicity
4. Insurance type
5. Level of education of parent
6. Parent's employment status
7. Household composition

## Results

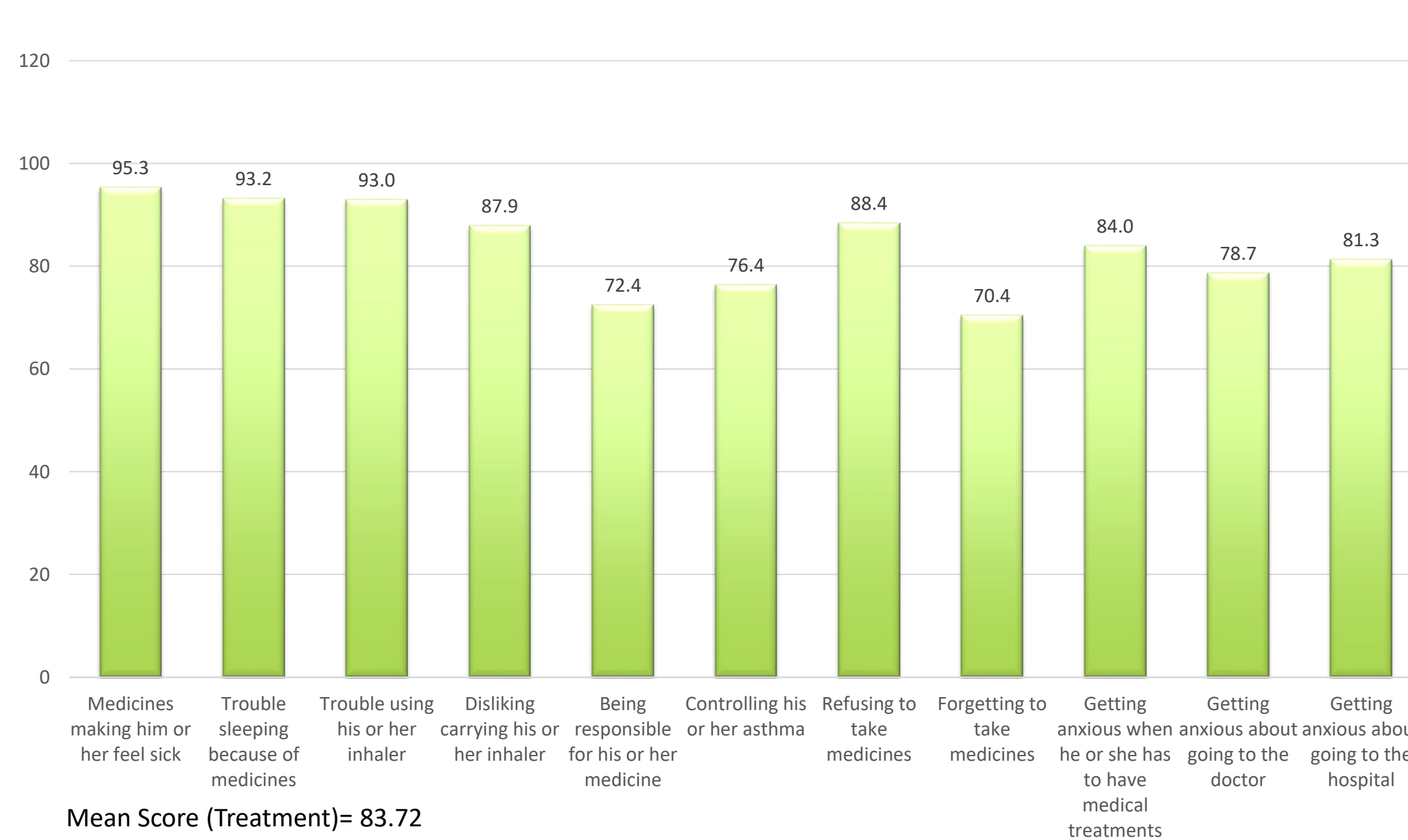
Mean Score (Asthma)



Mean Score (Communication)



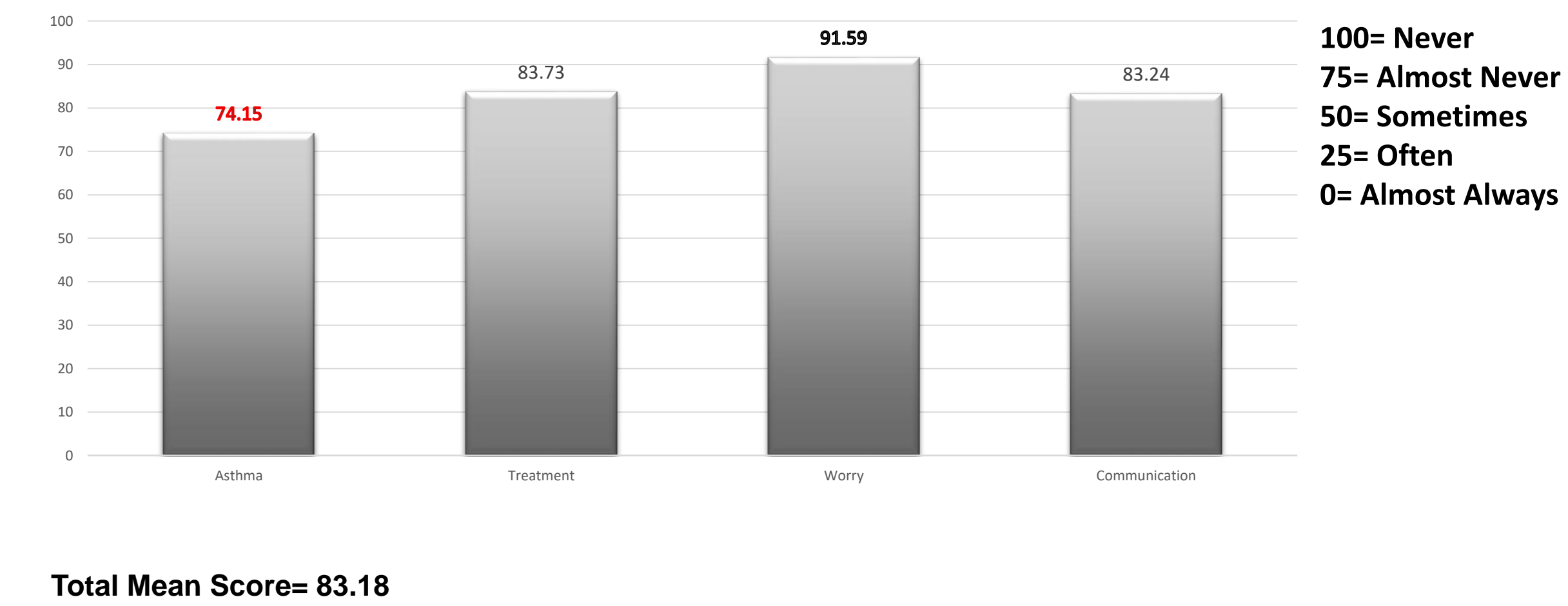
Mean Score (Treatment)



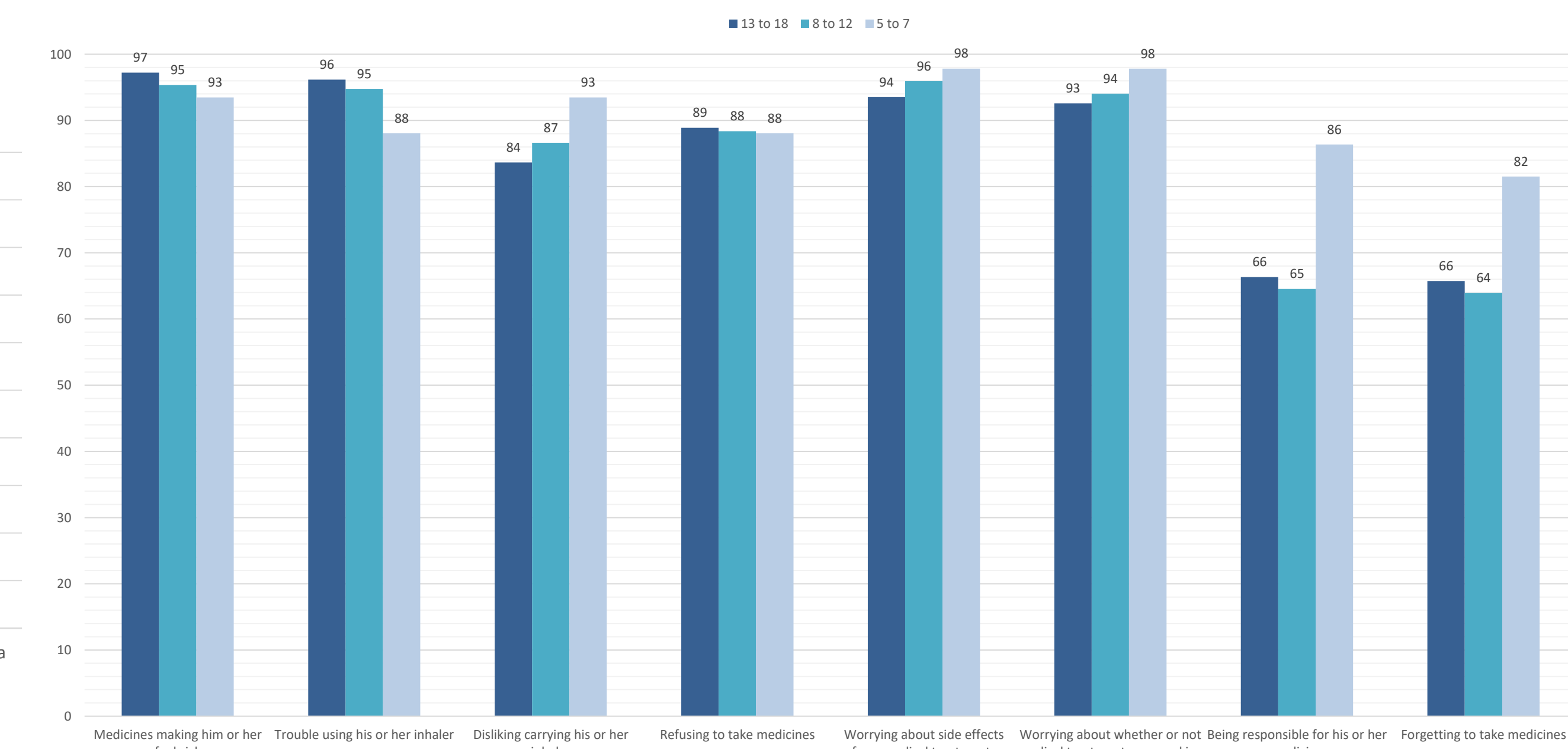
100= Never  
75= Almost Never  
50= Sometimes  
25= Often  
0= Almost Always

## Results con't

PEDS QL ASTHMA MODULE TOTAL SUMMARY



Trends



## References

