

Assessment and Management of Adult Asthmatic Patient in Community Pharmacies of Port Said, Egypt

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SUMMARY. This study assessed the knowledge and management of adult asthma patients in community pharmacies of Port Said, Egypt, from February 15 to March 15, 2022. Data were collected via a validated questionnaire, with 100 of 150 distributed questionnaires meeting inclusion criteria. Among participants, 56% were male, 47% aged 25–50, and 60% had asthma symptoms for over two years. Mild symptoms were reported by 42%, while 71% did not view stress as an asthma inducer, and 44% disagreed that asthma is contagious. Tobacco smoking and chemicals were identified as triggers by 52%, and 50% recognized cough and wheezing as early symptoms. Inhalers were considered the most effective dosage form by 92%, and 86% acknowledged the common use of tablets, syrups, and inhalers. However, 83% believed medication was unnecessary without symptoms. These findings emphasize the crucial role of community pharmacists in educating patients, improving asthma management, and promoting better adherence and outcomes.

RESUMEN. Este estudio evalúa el conocimiento y el manejo de pacientes asmáticos adultos en farmacias comunitarias en Port Said, Egipto, del 15 de febrero al 15 de marzo de 2022. De los 150 cuestionarios distribuidos, se analizaron 100. La mayoría de los participantes (56%) eran hombres, y el 47% tenía entre 25 y 50 años. Los resultados indicaron que el 42% tenía síntomas de asma leves y el 60% había experimentado síntomas durante más de dos años. La mayoría de los participantes reconocieron que los inhaladores eran el mejor tratamiento (92%), pero creían que la medicación no era necesaria en ausencia de síntomas (83%). Las lagunas de conocimiento fueron evidentes, en particular con respecto a las causas y la gravedad del asma, y solo el 52% reconoció el tabaquismo como un posible desencadenante. Los hallazgos subrayan el papel crucial de los farmacéuticos comunitarios en la educación de los pacientes sobre el manejo del asma y la adherencia a la medicación para mejorar los resultados de los pacientes.

KEYWORDS: asthma, community pharmacist, counseling.

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