A SURVEY AMONG RURAL AREA PATIENTS REGARDING THEIR KNOWLEDGE AND ATTITUDE TOWARDS RESPIRATORY DISEASES

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ABSTRACT

Background: There is lack of knowledge regarding the cause, management and prevention of asthma among the patients of rural area. There are multiple myths prevailing in the society regarding this disease. Aims and Objectives: To know the knowledge, attitude and practices of patients of asthma residing at rural area in northern India. Material and Methods: The study was conducted in the Department of Pulmonary Medicine Hind Institute of Medical Sciences Safedabad Barabanki. The patients were selected from the rural area of Lucknow and Barabanki district. A questionnaire containing twenty questions related to the information regarding asthma disease, prevention and treatment were asked by the patients. The data were segregated and statistical analysis was done appropriately. Results: A total of 124 patients of asthma completed the study. The results show that only 27% of patients were aware of the chronic nature of the disease. Only 12% were knowing that asthma may be present since childhood. Most were in the opinion that asthma does not have any treatment and patient has to live along with the disease throughout life. Regarding the most important myth prevailing in the society was the use of inhalers for the treatment and role of diet in precipitation of disease. Conclusion: The present study indicates that there is a large ignorance regarding the disease and it’s
management. There is an urgent need of making the clinicians conscious regarding the counseling of patients regarding knowledge of precipitating factors and treatment modalities of asthma.

**KEYWORDS:** Rural area, Survey, Respiratory diseases.

**INTRODUCTION**
Respiratory diseases are one of the important group of diseases prevalent in the Indian population. There are number of groups of respiratory diseases related to their pathophysiology. They may be infective, immune mediated, toxin induced and many more types. Among the immune mediated chronic respiratory diseases bronchial asthma is one of the most important and prevailing diseases. There are world wide estimates which suggest that asthma suffers cross billions in number. The countries like India where whether fluctuations are very high the prevalence is more. The diseases are of chronic nature so the education of patients related to the cause, treatment and prevention of disease is very important. There are many myths prevailing in the society especially in the rural areas related to many diseases including bronchial asthma. These myths play a part of hindrance in properly educating the patients of asthma. The impact of education related to baseline data regarding the knowledge and perception of the population of the area of intention. The present study has been planned to know the knowledge, attitude and perception of rural population of northern India related to the bronchial asthma.

**Aims and Objectives:-** To know the knowledge attitude and practices of residents of rural area of northern India related to the bronchial asthma one of the most important chronic pulmonary diseases.

**MATERIAL AND METHODS**
The study was conducted in the department of pulmonary medicine Hind Institute of Medical Sciences Safedabad Barabanki. The study was of cross sectional, non interventional and questioner based survey. The study was approved from the institutional ethics committee. The patients who have confirmed diagnosis of asthma and attending to the department of medicine and pulmonary medicine of Hind institute were primarily interviewed related to their residential address. Those who are coming from the rural area were included in the study. A written informed consent was taken before providing the questionnaire. The questionnaire contains 20 questions related to the diseases manifestation, spread, nature, cause, mortality,
treatment available, prevention, social taboo and prevalent myths related to bronchial asthma. The patients were selected from the rural area of Lucknow and Barabanki district. A total number of 124 patients with clinical diagnosis of bronchial asthma were selected for the study. Patients coming to pulmonary and internal OPD were seen by the concerned physicians. When patients came out of clinicians chamber the OPD ticket was seen for the written diagnosis. Those who with diagnosis of bronchial asthma were given a questioner of twenty questions related to different aspects of asthma (Table 1). The responses by the patients were compiled and analysed using suitable statistical tests.

RESULTS
The study shows that responses related to the knowledge domain of patients in relation to the bronchial asthma is lacking the truth in most of the patients. The 78% patients were having literacy that they can write their name and can understand the written Hindi in simple sentences. 12% were graduate and above while 22% patients have never attained the schooling and were unable to write even their name and unable to understand the written material. These patients were provided assistance from the paramedical staff in filling the questioner. The results show that patients are unaware of the causal relationship of asthma with immunity. No patient was able to answer related to the pathology involved in the bronchial tree. 68% of responders were in view that asthma is similar to tuberculosis or any other respiratory diseases which produces cough. The relationship of exposure and precipitation of asthma was recalled by 54% of patients. The relationship of asthma with seasonal variation was also recorded in 29% of patients. The most prevalent myth regarding the asthma was that asthma cannot be treated. 84% of patients were in opinion that asthma will remain for their whole life and will not be able to get rid of from the disease. The diseases don’t have any effective treatment and there is nothing which can prevent from precipitation. They were in opinion that there is defect in their genetics.

CONCLUSION
The study shows that there is lack of scientific and relevant knowledge about respiratory disease among the patients residing in rural area. The patients need education and counselling regarding the types of respiratory diseases and their pathology. They should be told regarding preventive measures of respiratory diseases and need for appropriate treatment.
REFERENCES