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Poor Asthma Control Is Associated With Inappropriate Medication in Ilorin, Nigeria

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Abstract

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PURPOSE: **Purpose:** Although asthma control is achievable in most patients, it is far from optimal globally. This study aims at evaluating the relationship of asthma medication to the level of its control in Ilorin, Nigeria.

METHODS: **Methods:** A cross-sectional survey was conducted on 113 physician-diagnosed asthma patients attending public and private health care facilities in Ilorin, Nigeria. Asthma control was assessed using the ACT questionnaire and information on medication was obtained from the patients.

RESULTS: **Results:** The patients were 113 with age range of 17-80 and mean age of 45.6 ± 16.0 years. Nearly all the patients, 103 (91.2%) had uncontrolled asthma (ACT score <19). No patient was on inhaled corticosteroid (ICS) alone. Those with uncontrolled asthma were less likely to be on ICS in combination with long acting β_2 agonists (36.8% versus 100%, $p < 0.001$), more likely to be on medication judged by investigators to be inappropriate (72.8% versus 0%, $p < 0.001$) and required rescue medications ≥ 2 -3 times a week (87.4% versus 0%, $p < 0.001$).

CONCLUSIONS: **Conclusion:** The asthma of more than ninety per cent of our patients was poorly controlled and inadequate use of recommended prophylactic treatments and inappropriate medication may have contributed to this outcome.

CLINICAL IMPLICATIONS: **Clinical implications:** Appropriate treatment could improve the level of asthma control in Nigeria.

DISCLOSURE: The following authors have nothing to disclose: Ademola Fawibe, Louis Odeigah, Olufemi Desalu

No Product/Research Disclosure Information

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