

# Effects of a Self-management Enhancement Program on Symptom Control and Quality of Life Among Persons with Uncontrolled Asthma

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Asthma disease affecting the patient's respiratory system is a key public health problem worldwide. Patients with uncontrolled asthma normally encounter a number of adverse events while the disease is progressing. *Self-management* intervention has supported successful *improvements of health outcomes* of asthma patients. The objectives of this study were to examine the effects of a self-management enhancement program on symptom control and quality of life among patients with uncontrolled asthma. The participants consisted of 100 patients diagnosed with uncontrolled asthma and were randomly assigned to either the experimental or control groups equally. The experimental group received a 6 week self-management enhancement program that was developed by the researcher based on Lorig's self-management skills training and Self-determination Theory by Deci and Ryan (1975) whereas the control group received usual care. The follow-up was evaluated at 12 weeks after completion of program. Research instruments included the Asthma Control Test (ACT) and the Mini Asthma Quality of Life Questionnaire (Mini AQLQ). All research instruments were evaluated for their quality before being used. Data were analyzed using descriptive statistics, paired t-test, independent t-test and Mann-Whitney U. The results revealed as the following;

At 12 weeks after program completion, the patients in the control group and those in the experimental group had significantly better symptom control and quality of life scores than before engaging in the program ( $p < .001$ , and  $p < .001$ , respectively).

2. At 12 weeks after program completion, the patients who participated in the self-management enhancement program had significantly better symptom control and quality of life scores than those receiving usual care ( $p < .001$ , and  $p < .001$ , respectively).

The findings from this study suggest that the self-management enhancement program is effective in improving symptom control and improving quality of life. Therefore, a self-management enhancement program should be applied to nursing care for patients with uncontrolled asthma.

Key word: self-management, self determination theory, QOL, symptom control

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