

## **Asthma Control in Primary Care**

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**Background:** Asthma is considered a major health problem. The burden of asthma is overwhelming.

**Objective:** To assess asthma control in known asthmatic patients.

**Design:** A Retrospective Study.

**Setting:** Asthma Clinic, A'ali Health Center, Bahrain.

**Method:** Forty-seven patients were included in the study. Patients' asthma control was assessed through asthma clinic from January 2012 to December 2012. Data collected included age, sex, smoking, allergy, level of control, Peak Expiratory Flow Rate (PEFR), asthma control test (ACT), and level of asthma severity at the beginning and end of 2012. This asthma clinic utilized The Global Initiative for Asthma (GINA) guidelines in the management of asthma along with recent treatment of asthma, which include combined inhaled corticosteroid (ICS) and long acting beta agonist (LABA).

**Result:** Forty-seven patients were included in the study. The ACT and PEFR of the patients have improved significantly at the end of the study period. In addition, 19 (40%) demonstrated good asthma control at the end of the observation period.

**Conclusion:** More than 40% of the patients achieved asthma control at the end of the year. There was a statistically significant difference in asthma parameters after enrollment in the clinic. Therefore, asthma control is better achieved after enrollment in specialized asthma clinics.

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