CHAPTER 7

CONCLUSION

The data presented herein concluded that formoterol, montelukast, doxofylline and tiotropium co-administered with inhaled budesonide significantly improved the pulmonary function, health-related quality of life, asthma symptom scores (day-time and night-time) and reduced the frequency of rescue medication usage without adversely affecting the tolerability of the patients.

Among the tested second-line treatment regimens, budesonide plus montelukast combination was found to be better in mild to moderate persistent asthmatic patients. The present study also supports the use of tiotropium in asthma.

The developed knowledge, attitude and practice questionnaire using a structural translational process, had acceptable test-retest reliability and good construct validity. Our study patient’s baseline knowledge, attitudes on asthma and practice towards management was low. Patient education found to have significant influence on improvement in the knowledge, attitude and practice of asthma towards its management.