CHAPTER 9

RECOMMENDATIONS

The following implications and recommendations are made based on the findings of this study for future research.

- The present study has occupied health related quality of life assessment as a parameter in the evaluation of a given treatment. The quality of life questionnaire instrument includes the clinical, social and psychological concerns of the patients. This instrument has been used as an important parameter of concern in the western world, because there are some aspects which hard instruments or equipments fail to find. Thus, this study recommends for the use of health related quality of life instruments in future research works and progress assessment in chronic disease conditions.

- Among the second-line treatments, budesonide plus montelukast combination was found to be superior. Literatures state that, montelukast has steroid sparing property. The latter could be the next venture in research, since it has got a superior result among the second-line treatment regimens.

- The present study included tiotropium inhaler with inhaled corticosteroid which was not mentioned in the guidelines. But literatures supported the use of tiotropium in asthma. The present study has also seen the good effects of tiotropium in asthma patients. Therefore, future studies could involve evidence based medicine to be compared to the guideline or standard treatments.

- Patient education should be integrated as an important component in any clinical study and should be included along with the usual management regimen.