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Title: Factors influencing compliance to PEF monitoring in asthma

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Body: BACKGROUND: PEF measurement is an usefull tool for asthma control monitoring, but the need to undergo daily measurement for a relatively long time decreases compliance to this method. The aim of this study is to reveal the impact on compliance to PEF monitoring of certain factors more often encountered in clinical practice like age, severity of exacerbation and parents availability as supervisors. METHOD: A prospective study lasting 1 year including 30 asthmatic children aged 6 to 17 years old was conducted. Children began asthma monitoring using PEF (twice daily measurements) following ER visit or/and admission in our clinic for asthma exacerbation. Each child was scheduled to medical check-up at 2 weeks, 1 month, 2 months and 3 months after discharge and associated factors were counted. RESULTS: 1 child completed the 3 months follow up; 4 children completed 2 months, 16 completed 1 month and 6 completed 2 weeks of follow up; 3 children had no compliance. 100% in the no compliance group and 83,3 % in the 2 weeks group had all 3 factors that decrease compliance, 62,5% in the 1 month group had at least 2 factors, 25% in the 2 months group had 1 factor and the child who completed 3 months follow up had no factor. CONCLUSION: Number of factors and follow up lenght are in inverse ratio to compliance in asthma monitoring, patients requiring additional motivation to remain comitted to asthma control plan.