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Title: Availability and compliance to basic therapy of bronchial asthma in rural region of Kazakhstan

Dr. Tair 33181 Nurpeissov doctortair@gmail.com MD ¹, Prof. Temyrlan 33182 Nurpeissov doctortair@gmail.com MD ¹, Dr. Gulzada 33183 Abdushukurova doctortair@gmail.com MD ¹, Dr. Temyrzhan 33184 Nurpeissov doctortair@gmail.com MD ¹ and Dr. Aigul 33185 Zhaksylykova doctortair@gmail.com MD ². ¹ Republican Allergological Center, SRI of Cardiology and Internal Diseases, Almaty, Kazakhstan, 050000 and ² Outpatient Clinic, Central District Hospital, Issyk, Kazakhstan, 050088 .

Body: Background: Combined inhalers (ICS+LABA) are the unchallengeable part of basic treatment of persistent BA. In Kazakhstan according the national laws patients should be provided with free-of-charge medicines including ICS+LABA. The aim: To analyze the availability of modern basic therapy and compliance to it of patients in rural region of Kazakhstan. Methods: State statistical reporting, database of central outpatient clinic of Enbekshi-Kazakh district, randomized screening survey by telephone and special questionnaire (n=75). Results: Total amount of registered adult patients with BA in this region was 293. 75 patients were randomly selected. All of them have moderate or severe BA and get ICS±LABA. Only 67 patients were available and agreed to take part in the telephone survey. 28.4% patients had no any experience of ICS±LABA usage. Among the rest 48 patients only 18 (26.9%) strictly followed the prescriptions of their physician. These patients seemed to have controlled or partly controlled asthma. 13 patients combined ICS±LABA with oral or parenteral steroids and methylxanthines. 17 patients used to take ICS±LABA incorrectly (occasionally, during acute bronchial constriction, without deep inspiration, etc.) Last two groups had poorly or non-controlled asthma. Conclusion: In rural regions of Kazakhstan there are all possibilities to provide antiasthmatic therapy with free newest inhalers and GINA guidelines. But this survey revealed that no more than 26.9% patients with moderate or severe asthma get adequate basis therapy accordingly to modern international guidelines. In 28.4% cases the signs of improper medical tactics were revealed. 44.8% patients use their inhalers improperly.