

## **QUALITY OF LIFE - PATIENTS WITH ASTHMA**

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A complex look at the disease is strictly associated with the assessment of quality of life. It is of particular importance in chronic diseases of the respiratory tract such as asthma. The purpose of this research is to determine selected aspects of the quality of life of patients with asthma in a cross-sectional study. The investigations were comprised of 33 patients (36%, 21 women and 64%, 12 men) of the Allergology Outpatient Clinic, Provincial Specialized Health Care Center in Wroclaw. Polish version of A(QLQ(S)), ESAS scale and HADS scale was used. The data concerning age, education and the place of residence was included into the patients' written consent for taking part in the study. The study revealed that women demonstrate a lower quality of life in the range of emotional functioning. The symptoms of asthma, especially those relating to limitations of activity and the need for avoiding environmental stimuli are the most common factors affecting the quality of life. More men (12.5%, than women (7.4%,) had to avoid these factors permanently. However more women (34.5%,) than men (12.5%,) had to avoid environmental stimuli more frequently. There is a correlation between the level of the quality of life and depression. The investigations with the use of HADS scale demonstrated that depression-induced disorders were observed in 2 patients (6.3%), 17 (51,5%) were on the borderline and 14 (42,4%) showed no disorders. A correlation was also found between the severity of somatic symptoms and the level of quality of life. The patients with higher education showed a higher level of quality of life. It is advisable to work out a prophylactic program focused on the increase of quality of life of patients with asthma – particularly taking into account emotional and environmental sphere and physical symptoms. This program should be directed to women, patients with severe physical symptoms and to those with a lower education level.