

ASSESSMENT OF THE QUALITY OF LIFE AMONG PATIENTS WHO HAVE BRONCHIAL ASTHMA AND LIVE IN KRAKOW IN AREAS WITH VARYING CONCENTRATIONS OF PARTICULATE MATTER (PM10)

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Introduction: Asthma is a chronic disease, from which more and more people around the world suffer. It is associated with many bothersome symptoms and limitations, which result in decreased quality of life for the patient. Environmental and individual aspects don't necessarily affect individuals in the same way, so it is necessary to determine which factors most impact an individual, in order to better control and treat asthma.

The aim of this research was to assess the quality of life among patients with bronchial asthma, and to determine the impact of environmental factors of the quality of life of patients: in particular, the concentration of PM10 and the self-assessment of quality of life.

Procedure: The study included 98 adults with bronchial asthma. The research was conducted using AQLQ(s). PM10 concentration was measured in various locations within the city - taken from the Malopolska Air Pollution Monitoring Station.

Results: Analyzing the quality of life on the basis of symptoms, activity limitations and emotional well being, there was a substantial statistical difference observed between the people inhabiting the areas with different PM10 concentrations. No substantial statistical difference was observed in the frequency of asthma symptoms caused by the environmental stimuli between the 2 discussed groups.

Conclusion: Living in an area of increased air pollution may make daily functioning difficult, especially for patients with bronchial asthma. There is a constant need for further analysis concerning the influence of air pollution on the quality of life of patients with bronchial asthma.