SELF MANAGEMENT OF ASTHMA: DETERMINANTS OF WILLINGNESS TO PARTICIPATE IN A SELF MANAGEMENT PROGRAM

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Introduction: A lot of studies have been performed on self management of asthma programs (SMAP). Controlled studies did not detect a significant improvement of clinical outcome. A possible explanation is that the SMAP was also given to patients not interested in such a program. In this pilot-study we describe the willingness of asthma patients from one general practice to participate in a SMAP. Potential determinants studied included age, education, gender, severeness and/or duration of disease and smoking habits.

Methods: All asthma patients known to the general practitioner between 18–50 years were invited. All patients had a spirometry assessment, made an assessment of disease severity on a VAS-scale, control of inhaler technique, and a spirometry assessment, made an assessment of disease severity on a VAS-scale, control of inhaler technique, and a spirometry assessment.

Results: 23 (15 female) out of 31 participated. Mean age ± SD was 41 ± 9, mean duration 18 ± 15. Overall inhaler technique was insufficient in 5 patients. Objective and subjective severeness had 9 discordant pairs. 14 Patients were willingly to participate in a SMAP. In this study no relation could be detected between education and willingness. Conclusion: Not all patients want to participate in a SMAP. Determinants of willingness to participate are: age, sex and objective and subjective severeness of asthma.

THE EFFECTIVENESS OF BENZYL BENZOATE AND DIFFERENT CHEMICALS AS ACARICIDES

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Several observations have incriminated that house dust mites play an important role in allergic diseases. Thus, allergen-avoidance measures have been demonstrated beneficial. Various chemical methods as well as physical measures have been tried to eliminate mite allergens from house dust. In this study, the acaricidal activities of phenyl salicylate, tea (high tannic acid content) and essential oils (eucalyptus and laurel) compared to benzyl benzoate were assessed using specially designed wells. Our data suggested that, benzyl benzoate may be effective when applied more frequently (i.e.three-four times a year) than the manufacturer’s instructions, and for longer periods (i.e.24 hours) even with lower concentrations. Essential oils were shown to have little effect on live mites, but almost no acaricidal activity had been observed with tea. Amongst the chemicals used, phenyl salicylate could be assumed promising as an alternative acaricide.

Key words: Acaricide, benzyl benzoate, phenyl salicylate, tea.

IMMUNOMODULATORY EFFECT OF BRONCHOVAXOM IN CHILDREN WITH ATOPIC BRONCHIAL ASTHMA AND DYSFUNCTION OF T LYMPHOCYTES

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In atopic children, the respiratory tract infections can stimulate the bronchial hyperreactivity. Many investigations demonstrate the dependences between infections and T cell dysfunction. The aim of this study was to assess immunomodulatory effect of Broncho-Vaxom in children with atopic bronchial asthma and concomitant recurrent respiratory tract infections.

30 children (4–16 years old) were included in this study. The immunological parameters as a number of T cells by E rosetting test according to WHO criteria, serum level of IgA, IgM, IgG (turbidimetric method) and IgE (fluorimetric method) were examined. Children were treated using a "prophylactic" schedule i.e. one capsule of B-V of 3.5 mg daily for 10 days during three consecutive months. After finishing of B-V therapy the significant increasing especially of total E rosettes and percentage of T cells in leucogram were observed. This changes has been correlate with the clinical improvement manifested by the decreasing of a number of infections episodes. In our opinion in atopic bronchial asthma with concomitant recurrent respiratory tract infections the immunomodulation therapy should be performed.

BRONCHO-VAXOM IN RECURRENT RESPIRATORY INFECTIONS IN ADULT PATIENTS WITH ATOPIC ASTHMA - MULTICENTRE STUDY


A multicentre clinical study was performed in 81 adults with atopic asthma to evaluate the effects of treatment Broncho-Vaxom (BV). Fifty five patients received BV for a period of 5 months while the other 26 subjects only conventional therapy. Symptoms score, lung function tests and some immunological parameters including ECP, lymphocytes CD4 and CD8, sCD23, IgE, IgG, IgG1, IgG2, and IgG3 were observed during the study. On the BV therapy there was a significant reduction of cumulative index of symptoms at all visits in comparison to entry values (p<0.0001) and also to respective control group values (p<0.05). Evaluation of lung function tests revealed significant PEF improvement at all visits in BV group when compared to values at entry and to values in the control group (p<0.05). We have also noticed significant changes in the levels of cytokines and other immunological parameters.