

The impact of a school-based asthma health education programme on quality of life, knowledge and attitudes of Saudi children with asthma

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Context of the study

In Saudi Arabia, more than 2 million people complain of asthma: 13% being aged 6-10 years. This makes asthma one of the most common illnesses among children in Saudi Arabia. Little has been explored about children's ability to learn more about their own asthma in Saudi Arabia.

Method

A quasi-experimental, non-equivalent group, pretest-posttest design was used to conduct the programme.

Intervention (n=130) and control (n=98) groups were drawn from 10 schools in Hail region, Saudi Arabia.

Research Question

What is the impact of a school-based, nurse-delivered asthma health education programme on asthmatic children's knowledge and attitude towards asthma, quality of life, anxiety level, and school absenteeism?



Findings

- The level of asthma knowledge was increased significantly more in the intervention group than in the control group ($F=26.5746$, $df\ 2$, $p<0.001$).
- Attitude toward asthma was not changed by the intervention ($F=0.0490$, $df\ 2$, $p=0.9522$).
- There was a significantly greater reduction in the intervention group than in the control group in anxiety ($F=3.7599$, $df\ 2$, $p=0.0242$), and in absenteeism from school ($F=2.98$, $df\ 2$, $p=0.003$).
- Total quality of life increased significantly more in the intervention group ($F=87.6534$, $df\ 2$, $p<0.001$).