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PROPORTION OF UNCONTROLLED ASTHMA AND ITS ASSOCIATED FACTORS AMONG ADULT ASTHMATIC PATIENTS ATTENDING TO THE CHEST CLINIC AT TEACHING HOSPITAL KALUTARA

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Background: All ages of children, as well as adults worldwide, are affected by the dangerous chronic airway illness known as asthma. With the right medication and adherence, asthma can be effectively controlled; nevertheless, patient control over their asthma is influenced by a number of factors. This study was conducted to assess the proportion of uncontrolled asthma and its associated factors among adults' asthmatic patients attending the chest clinic at Teaching Hospital (TH) Kalutara.

Methods: A descriptive cross-sectional study was done using 350 adult asthmatic patients who were registered and followed up at the chest clinic in TH Kalutara for at least 6 months. Systematic sampling was used as the sampling technique. An interviewer administered questionnaire was used to collect data on sociodemographic factors, control of asthma according to the Asthma Control Test, clinical characteristics and the MMAS - 8 was to assess the medical adherence. Chi square test was used to assess the associations at $p < 0.05$ significance level.

Results: Ninety percent of the subjects had uncontrolled asthma, while only nine percent had asthma under control. Uncontrolled asthma was found to be associated with older age ($p = 0.006$), females ($p = 0.006$), low-income ($p = 0.034$), living in urban environments ($p = 0.021$), smoking ($p < 0.001$), exposure to allergenic substances ($p = 0.001$), pet ownership ($p = 0.001$), chronic illness ($p = 0.001$), and inadequate compliance with medication ($p = 0.005$).

Conclusions: Most of the study population had uncontrolled asthma despite the proper medication, and various factors were associated with it. Improving the modifiable risk, further research should be conducted to identify additional contributing factors in Sri Lankan contexts. The community should be addressed and educated on uncontrolled bronchial asthma and its associated factors.

Key words: Associated factors, Uncontrolled asthma, Adult, Kalutara