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Poster Abstract

## Impact of Asthma Disease Management Program on Overall Control of Asthma

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### Abstract:

**Background:** Singapore National Asthma Program (SNAP) had launched in 2001 to reduce morbidity, mortality and economic burden of asthma. It provides structured and continuous care for patients in ambulatory-care facilities by using evidence-based care paths. The asthma control test (ACT) is used to measure asthma control. Scores range from 5 to 25 and higher scores indicate better control.

**Method:** Records of 271 patients who were enrolled during 2008, 2009 & 2010 were reviewed to determine the effectiveness of program.

**Results:** Mean Age is 43.66 (SD 19.02). 50.6% were male and 59.4% were Chinese. 70.6% had asthma for more than 10 years at registration. Mean ACT score at enrollment was 15.15 (SD 4.68) versus 20.84 (SD 3.90) at last visit ( $P < 0.001$ ). Moreover, patients who had enrolled in 2008 had greater improvement in ACT score at their last visit than those enrolled in 2009 & 2010 (7.08, 5.66 & 4.69). Mean difference between 2008 and 2010 is 2.4 and is statistically significant at p value 0.05 level.

**Conclusion:** SNAP has achieved in improving overall Asthma Control, particularly those with moderate to severe asthma. To provide more integrated care, primary care sector should also be included. Individual-level interventions should be designed to engage their families to achieve better long term control.

### Keywords

asthma, integrated care, act score, asthma control

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Presentation available at <http://www.integratedcarefoundation.org/content/guided-poster-walks-2>