

RECOMMENDATIONS

Based on the finding of the study, the following can be recommended:

1. Periodic assessments and ongoing monitoring of asthma control are necessary to determine if the goals of therapy are being met and if adjustment in therapy is needed to improve the degree of control of asthmatic children.
2. Increase resources for supplying low income patients with drugs and spacers.
3. Perfect and detailed education of patients about inhalation techniques.
4. A multicenter study conducted on a larger population of asthmatic children attending all pediatric hospitals in Alexandria to evaluate more accurately the impact of various determinants behind poor asthma control and treatment failure.

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الملخص العربي

يعتبر الربو الشعبي من أهم وأكثر الامراض المزمنة شيوعا فى الاطفال وتمثل مشكله هامه اكلينيكيه و علي الصحه بصفه عامه .

والهدف من علاج الربو الشعبي هو الوصول الى درجة السيطرة على المرض والحفاظ عليها وتعرف السيطرة على المرض كالاتى : ممارسه الحياه بكافه أنشطتها بشكل طبيعى دون قيود مع أداء وظيفى جيد للرئتين.

السيطرة على الربو، على النحو الموصى به من قبل الإرشادات، قد تبين أن تكون مرضية في أقل من ٣٠٪ من الأطفال . وهذا دفعنا لتنفيذ هذه الدراسة التي تهدف إلى تحديد الأسباب المحتملة لفشل علاج الأطفال المصابين بالربو المترددين على عيادة الربو بمستشفى الاطفال الجامعى بالأسكندريه.

ولقد اجري هذا البحث على ١٠٠ طفل متالى اعمارهم اقل من ١٥ سنه. و بعد معرفه التاريخ المرضي للحالات وإجراء الكنتف الطبي عليهم تم اجراء استبيان مصمم مسبقا لمعرفة الاسباب المحتمله لفشل العلاج.

تم تصنيف الحالات التي تمت دراستها وفقا لمستوى التحكم فى المرض إلى ثلاث مجموعات وهم : مجموعه ذات تحكم كلى فى المرض ، مجموعه ذات تحكم جزئي ومجموعه غير متحكم فى مرضها. اظهرت النتائج ان مستوى التحكم في الربو مازال غير مرضي حيث ان ٤٢% فقط من الحالات تم التحكم كليا فى مرضهم و ٤٣% تم التحكم جزئيا في مرضهم و ١٥% غير متحكم فى مرضهم. ولا يوجد أى فروق ذات دلالة إحصائية بين الثلاث مجموعات فيما يتعلق بالسن، الجنس ، الخصائص الاجتماعية والديموغرافية للوالدين، و تاريخ الطفل من أمراض الحساسية المرتبطة بها، التاريخ العائلي من أمراض الحساسية ، التعرض المستمر لمثيرات الحساسيه.

من ناحية أخرى، ضعف السيطرة على الربو يرتبط بشكل كبير مع المعيشة في المناطق الحضرية، عدم الذهاب الى مدارس أو مركز الرعاية النهارية، علاج الربو غير الملائم، الجرعات الغير كافيه من العلاج ،عدم الانتظام علي العلاج والاستخدام الخاطيء لتقنية الاستنشاق.

الأسباب المحتملة لفشل علاج الأطفال المصابين بالربو المتكررين على عيادة الربو
بمستشفى الأطفال الجامعي بالإسكندرية

رسالة علمية

مقدمة إلى كلية الطب - جامعة الإسكندرية
إيفاءً لأجزئياً لشروط الحصول على درجة

الماجستير في طب الأطفال

مقدمة من

دينا السيد أحمد إبراهيم

بكالوريوس الطب والجراحة - جامعة الإسكندرية

كلية الطب
جامعة الإسكندرية
٢٠١٥

الأسباب المحتملة لفشل علاج الأطفال المصابين بالربو المتكررين على عيادة الربو بمستشفى الأطفال الجامعي بالإسكندرية

مقدمة من

دينا السيد أحمد إبراهيم
بكالوريوس الطب والجراحة، كلية الطب، جامعة الإسكندرية

للحصول على درجة

الماجستير في طب الأطفال

موافقون

لجنة المناقشة والحكم على الرسالة

.....

أ.د. أمنية مصطفى بدر الدين
أستاذ طب الأطفال
كلية طب
جامعة الإسكندرية

.....

أ.د. إيهاب حافظ الصاوي
أستاذ طب الأطفال
كلية الطب
جامعة الإسكندرية

.....

أ.د. حنان مراد عبدالعزيز
أستاذ صحة الأم والطفل
قسم صحة الأسرة
المعهد العالي للصحة العامة
جامعة الإسكندرية

لجنة الإشراف على الرسالة

أ.د. إيهاب حافظ الصاوي
أستاذ طب الأطفال
كلية الطب
جامعة الإسكندرية

د. سحر محمد ذهني
مدرس طب الأطفال
كلية الطب
جامعة الإسكندرية

د. هبه محمود طه الوشاحي
مدرس الصحة العامة
قسم طب المجتمع
كلية الطب
جامعة الإسكندرية

موافقون

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