

**How To Improve  
Treatment Adherence  
By Better Patient Education**

**Dr. Barnali Bhattacharya**



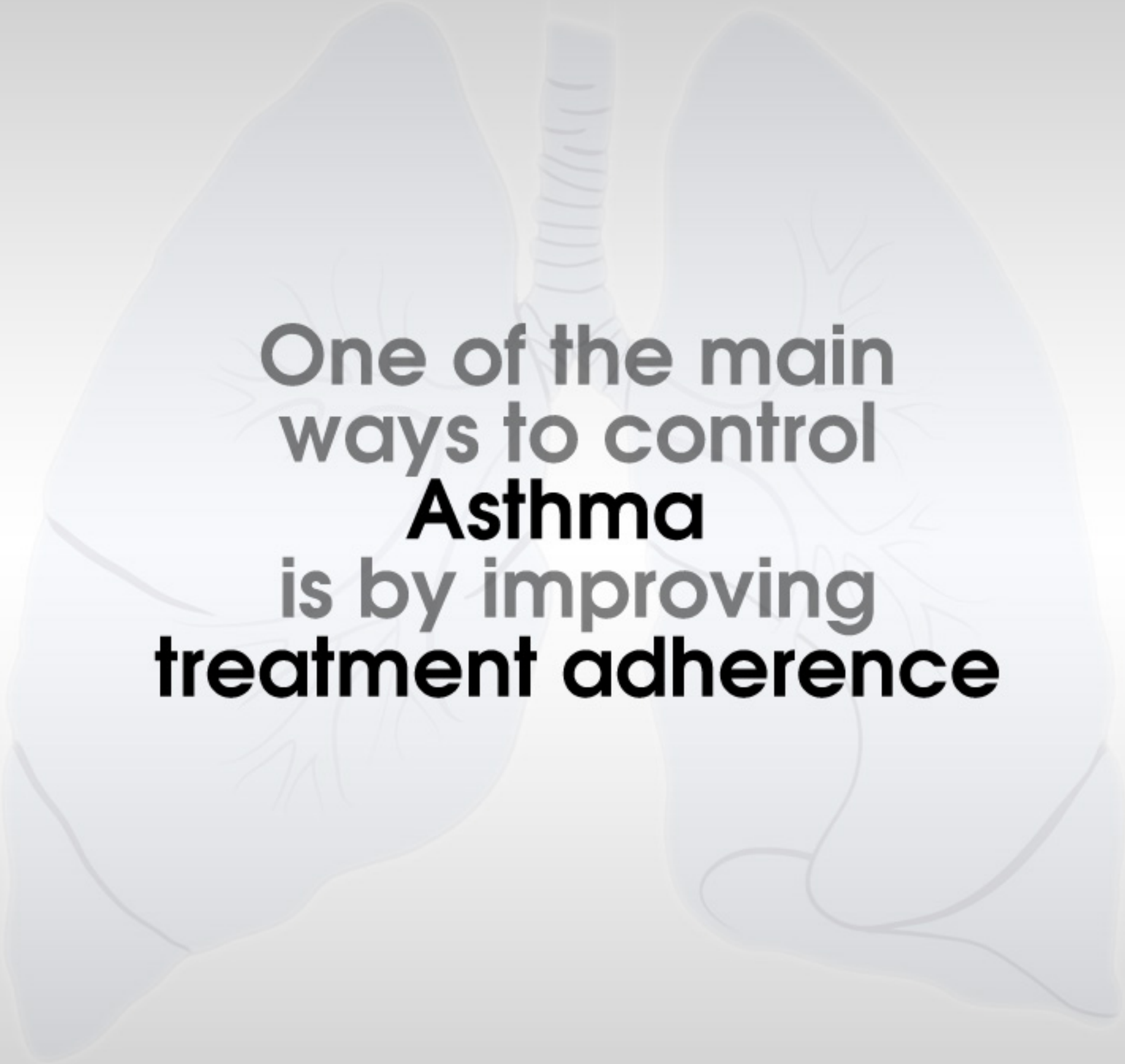
# **Asthma?**

(`æsmə)

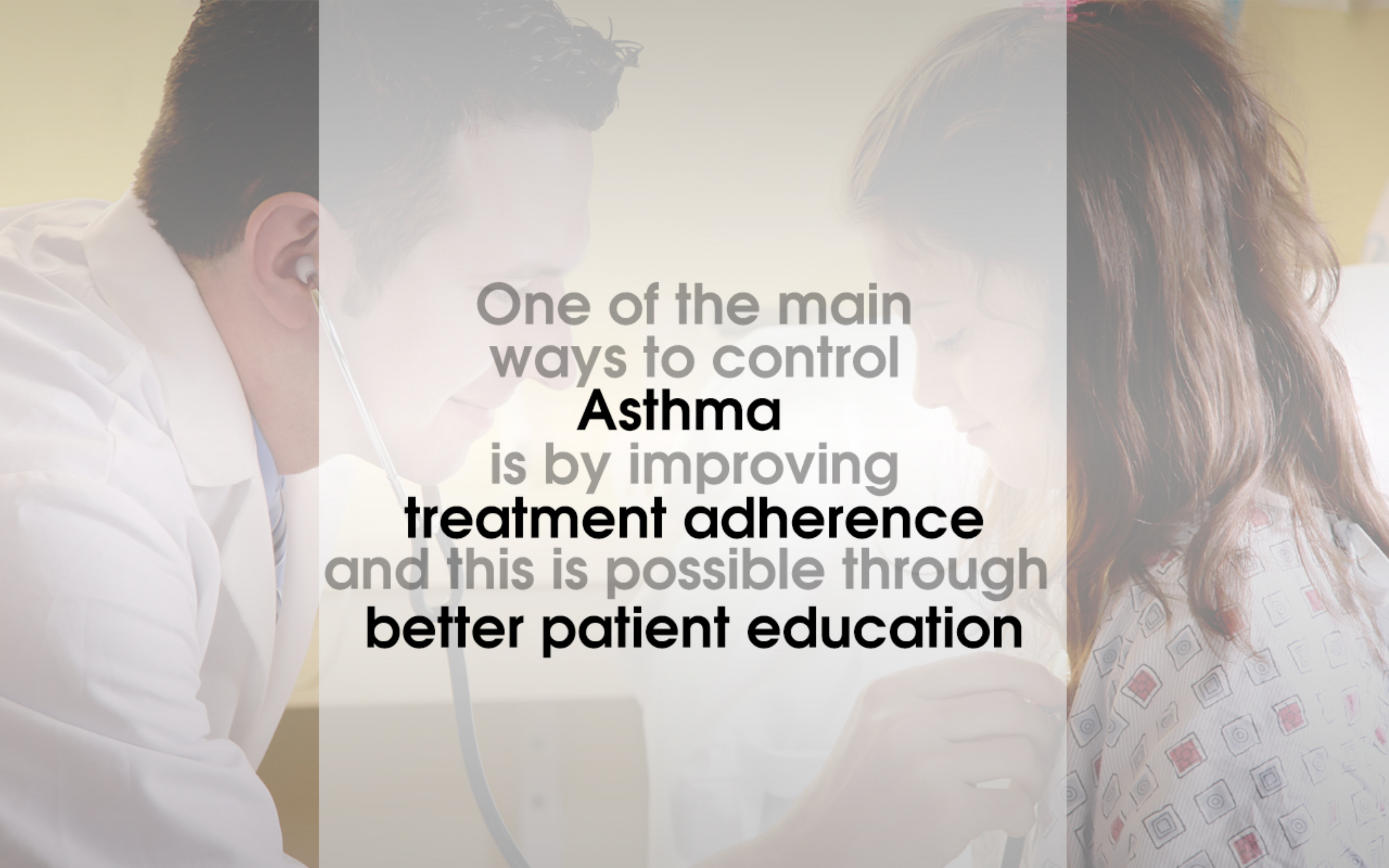
**Asthma is a syndrome of reversible bronchial obstruction in hyper responsive airways, mediated by allergy or other triggers.**



**One of the main  
ways to control  
Asthma**



**One of the main  
ways to control  
Asthma  
is by improving  
treatment adherence**

A composite image showing a medical professional in a white coat using a stethoscope on a patient's chest. A woman with long brown hair, wearing a patterned hospital gown, is looking on. The background is a soft, out-of-focus clinical setting.

One of the main  
ways to control  
**Asthma**  
is by improving  
**treatment adherence**  
and this is possible through  
**better patient education**

# NON-ADHERENCE

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## Early stages of Treatment

Unable to use devices

Discouraged by others

Treatment not meeting expectation

# NON-ADHERENCE

## Later Stages of Treatment

Doing well! So why bother continuing treatment

Expensive



# EDUCATION

# EDUCATION

Nature of disease

Busting myths  
regarding treatment

Technique

Follow Up

Time

# EDUCATION

## Nature of disease

Busting myths  
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## Technique

## Follow Up

## Time

## Models & Pictures

Use models & pictures to explain:  
Inflammation  
Spasm



# EDUCATION

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Common Triggers

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**Nature of disease**

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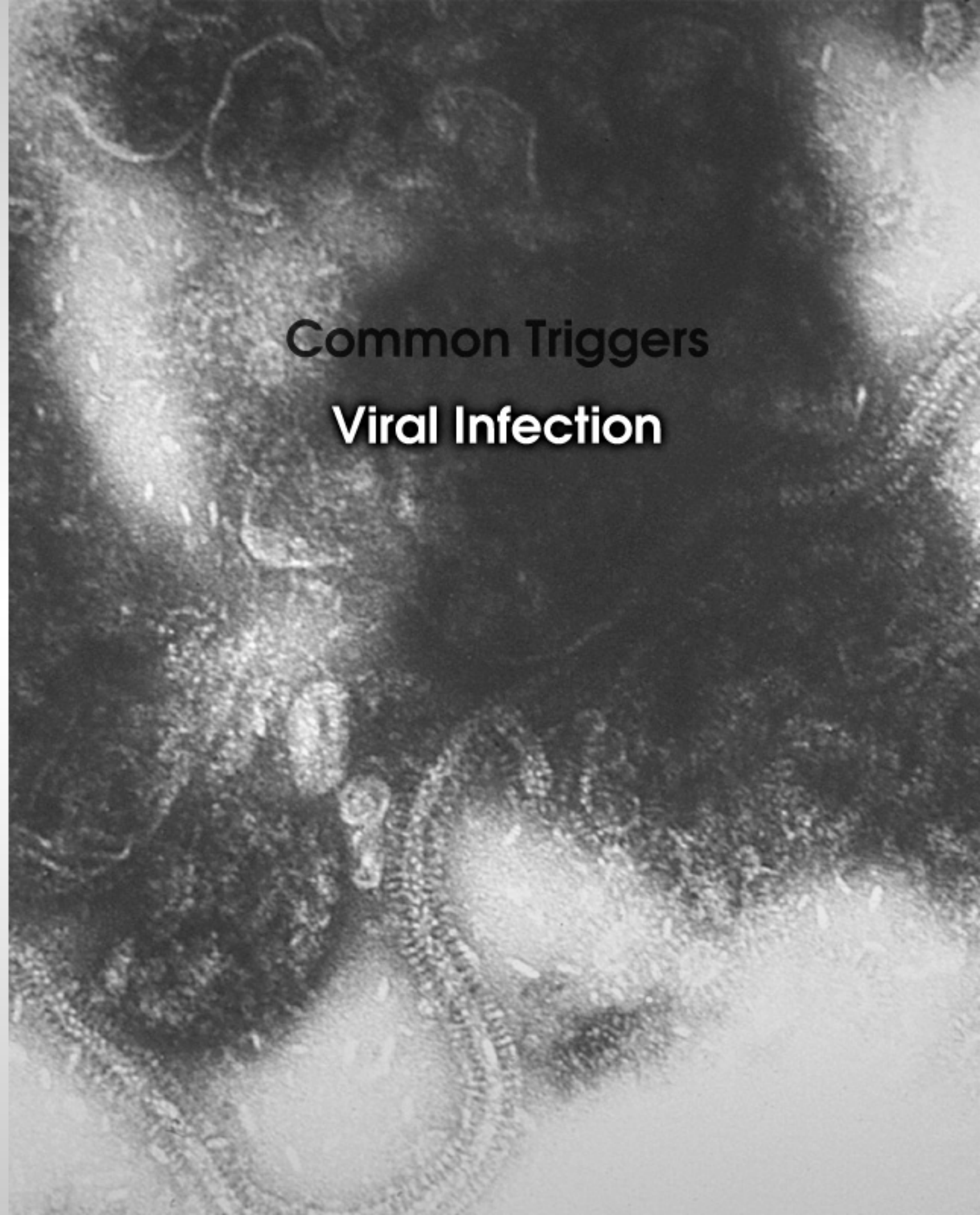
**Technique**

**Follow Up**

**Time**

**Common Triggers**

**Viral Infection**



# EDUCATION

**Nature of disease**

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Common

Viral Infection

Fungi

Smoke

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Common Triggers

Viral Infection

Fungi

Smoke

Pets

Dust

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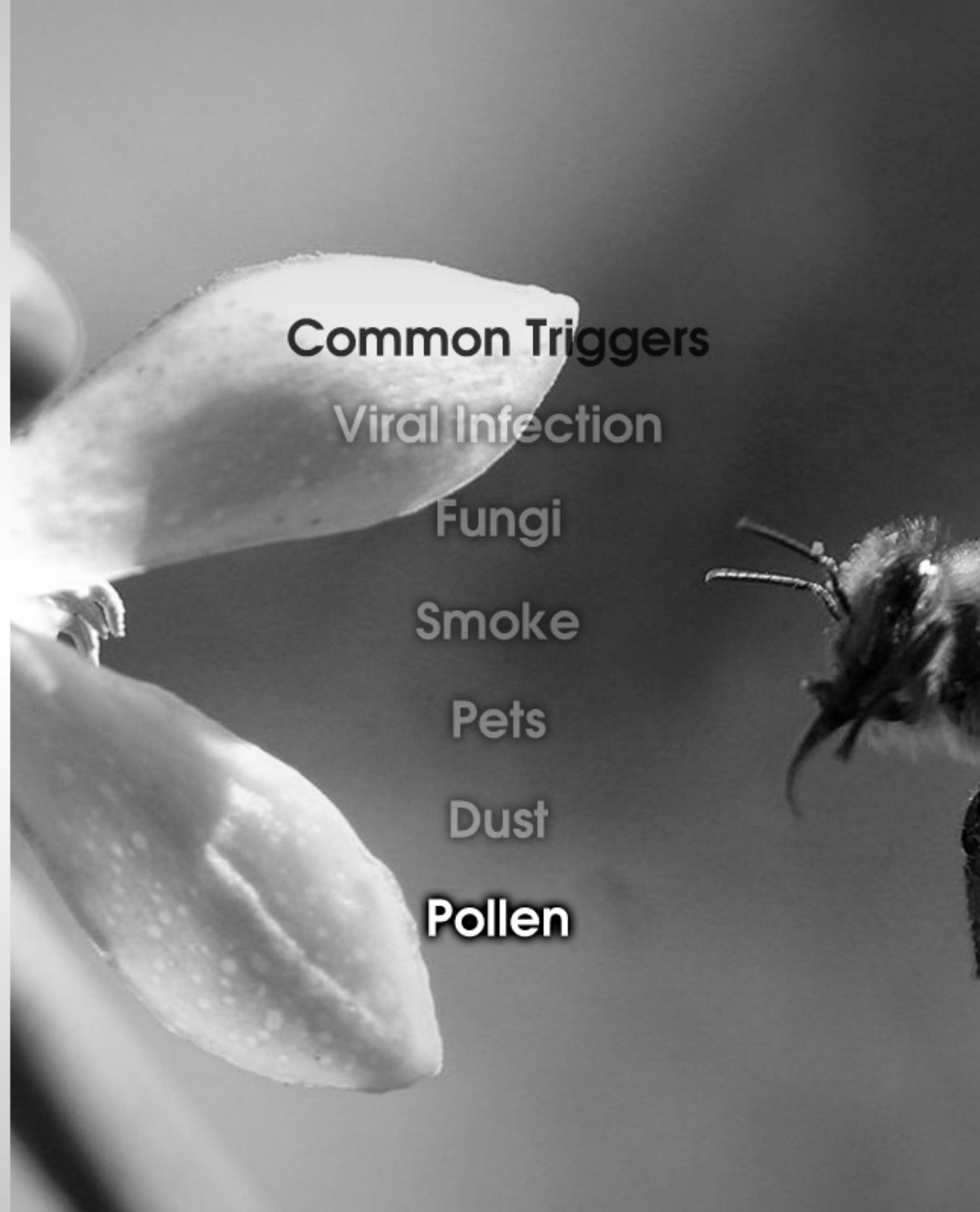
Fungi

Smoke

Pets

Dust

**Pollen**



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Dust

Pollen

Weather

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**Strong Emotions**



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**Inhalers**

**Strong**

**Habit**

**Stunting growth**

**Myths about  
Oral medicine and  
tablets being better  
than inhalation.**

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**Alternate Medicines**

**Busting myths  
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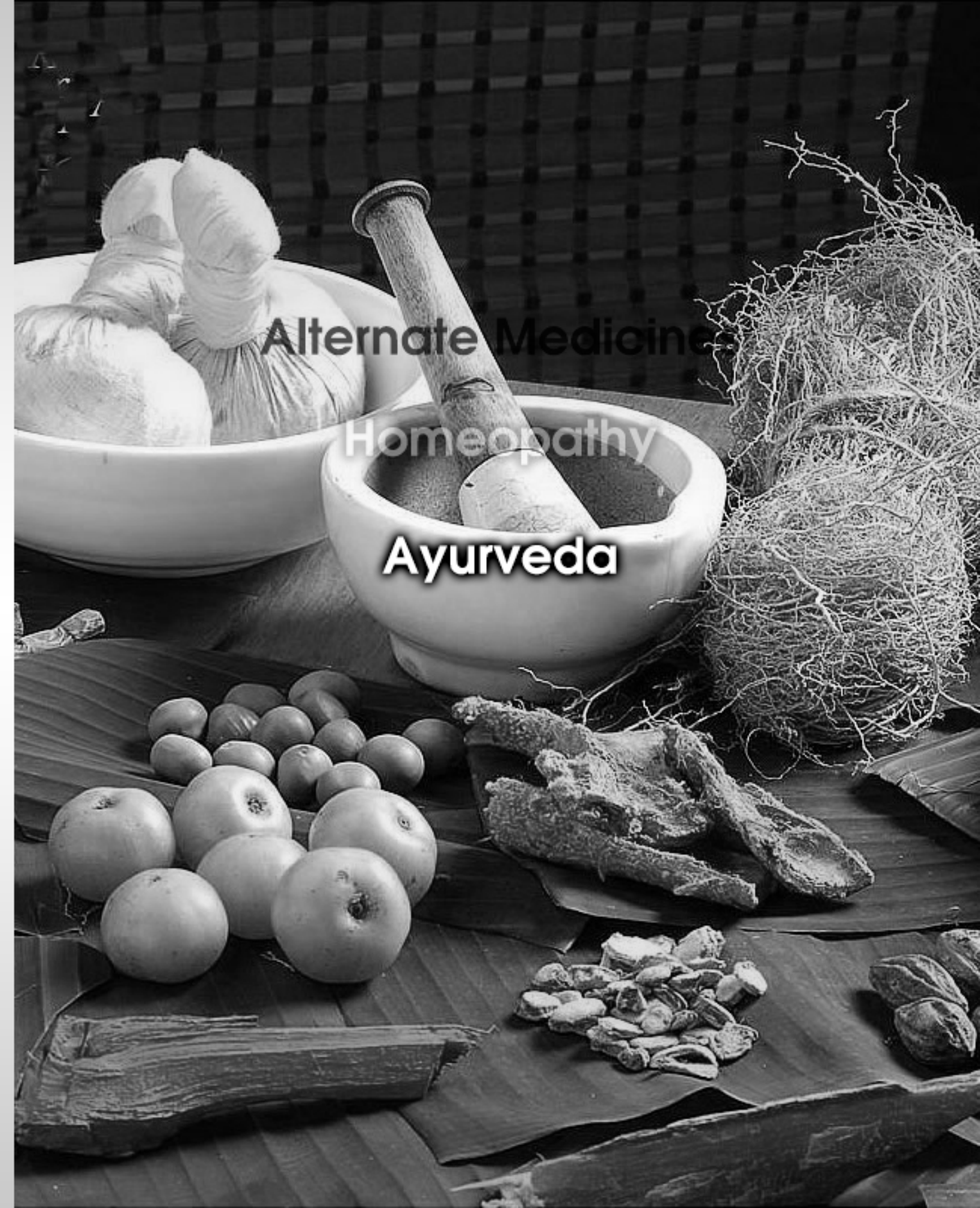
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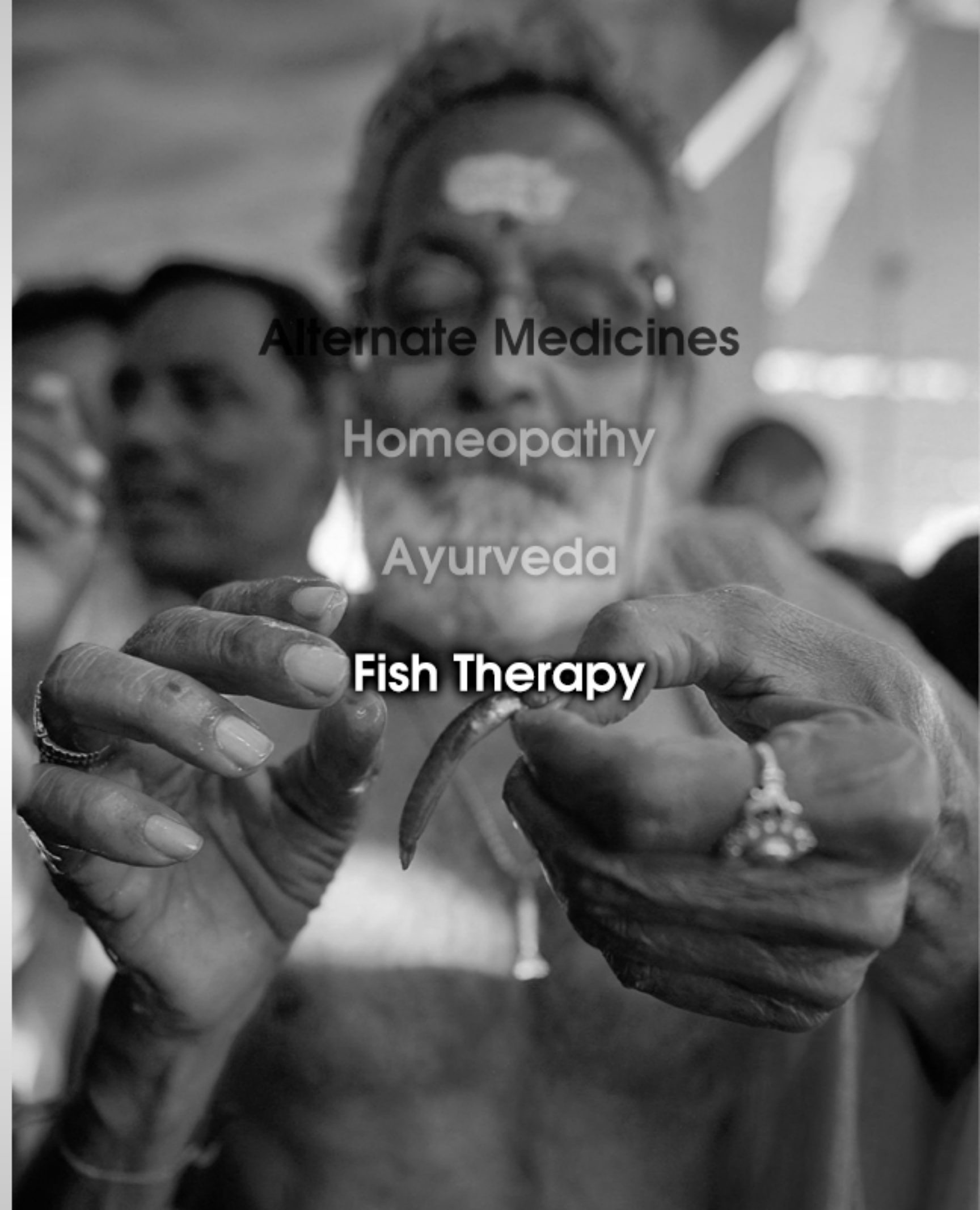
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Alternate Medicines

Homeopathy

Ayurveda

Fish Therapy

# EDUCATION

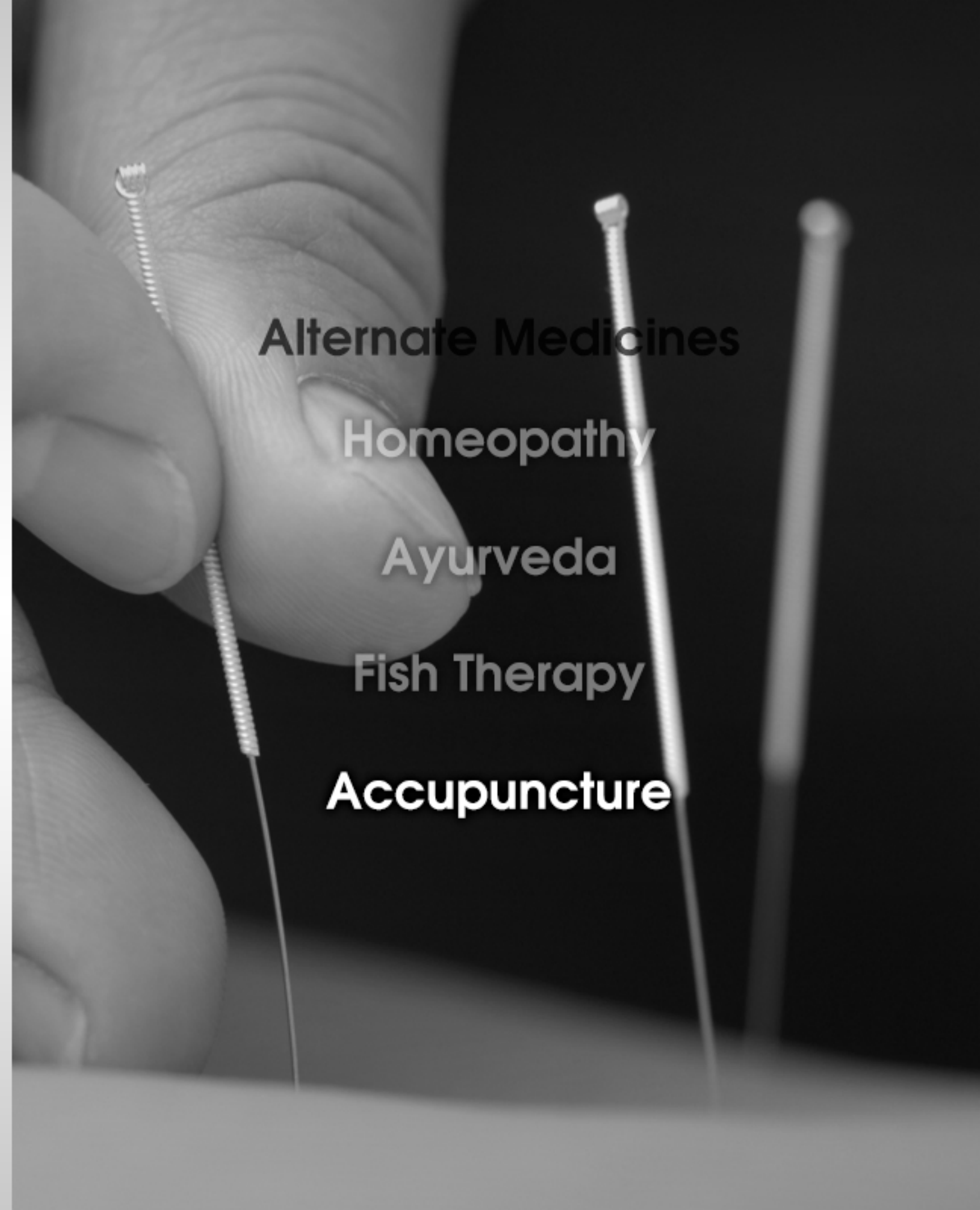
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Alternate Medicines

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Ayurveda

Fish Therapy

**Accupuncture**

# EDUCATION

Nature of disease

**Teach importance of every step**

Busting myths regarding treatment

**Common Errors need to dispelled**

**Technique**

**Check each time for Technique and Compliance**

Follow Up

Time

# EDUCATION

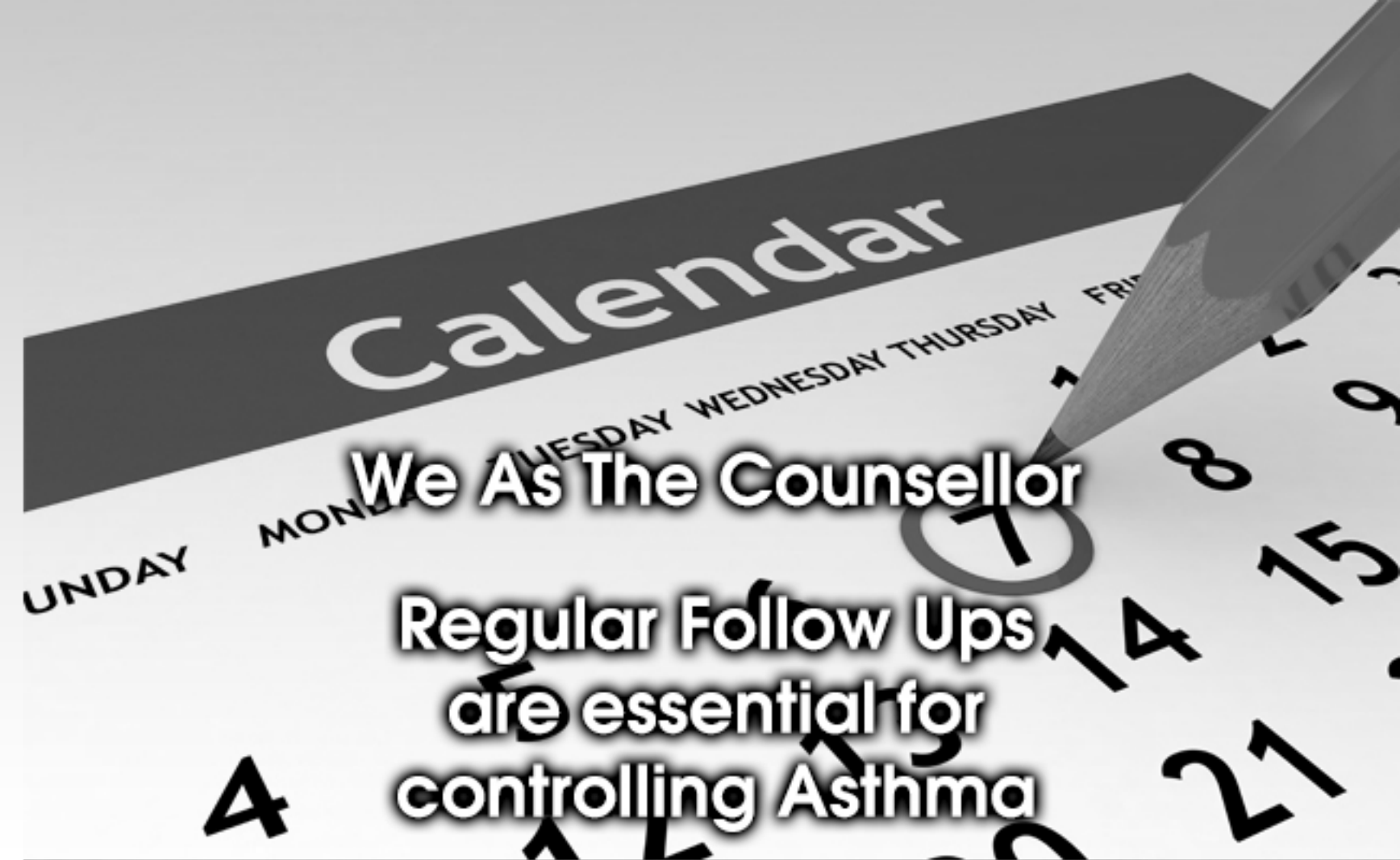
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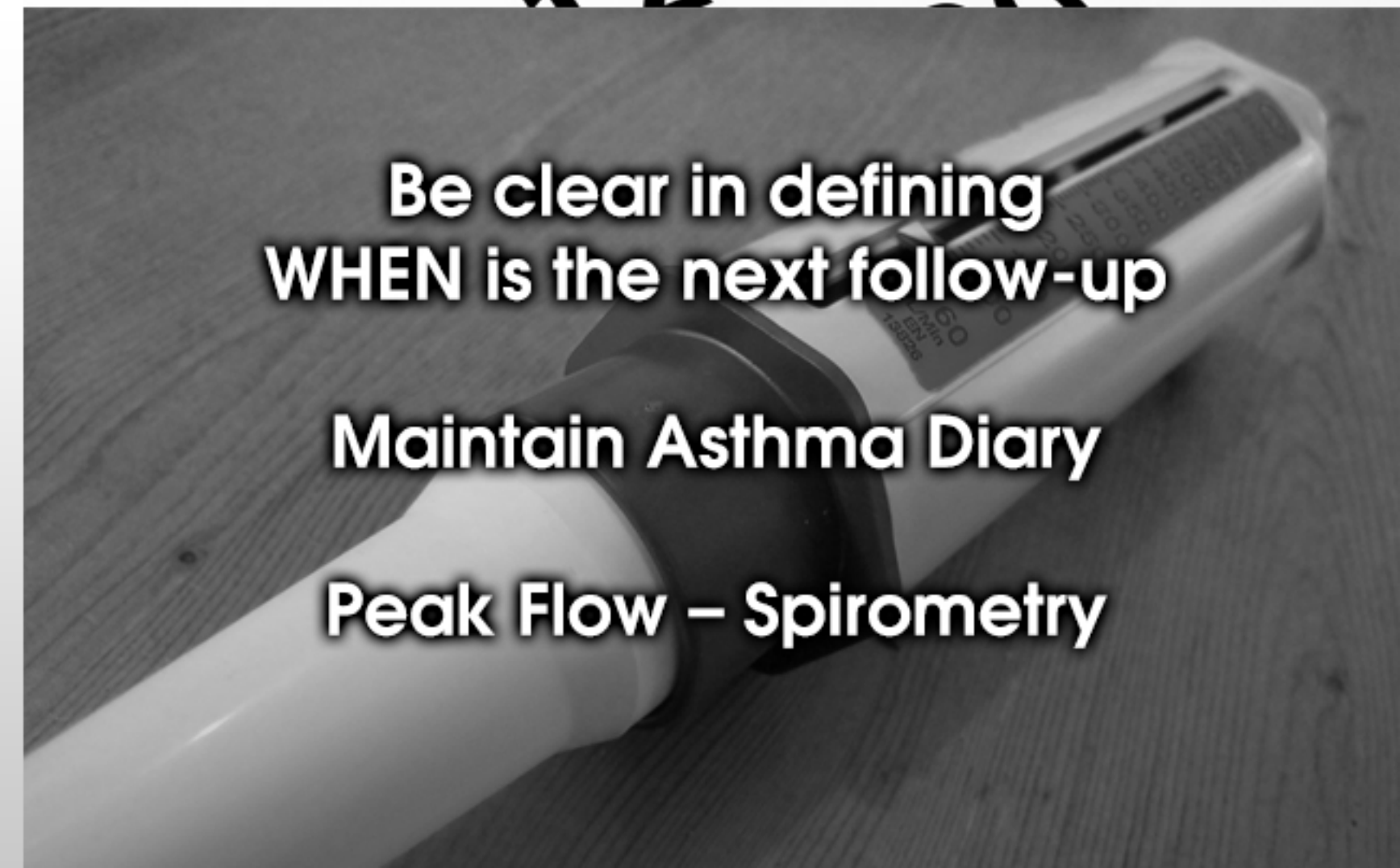
Follow Up

Time



**We As The Counsellor**

**Regular Follow Ups  
are essential for  
controlling Asthma**



**Be clear in defining  
WHEN is the next follow-up**

**Maintain Asthma Diary**

**Peak Flow – Spirometry**

# EDUCATION

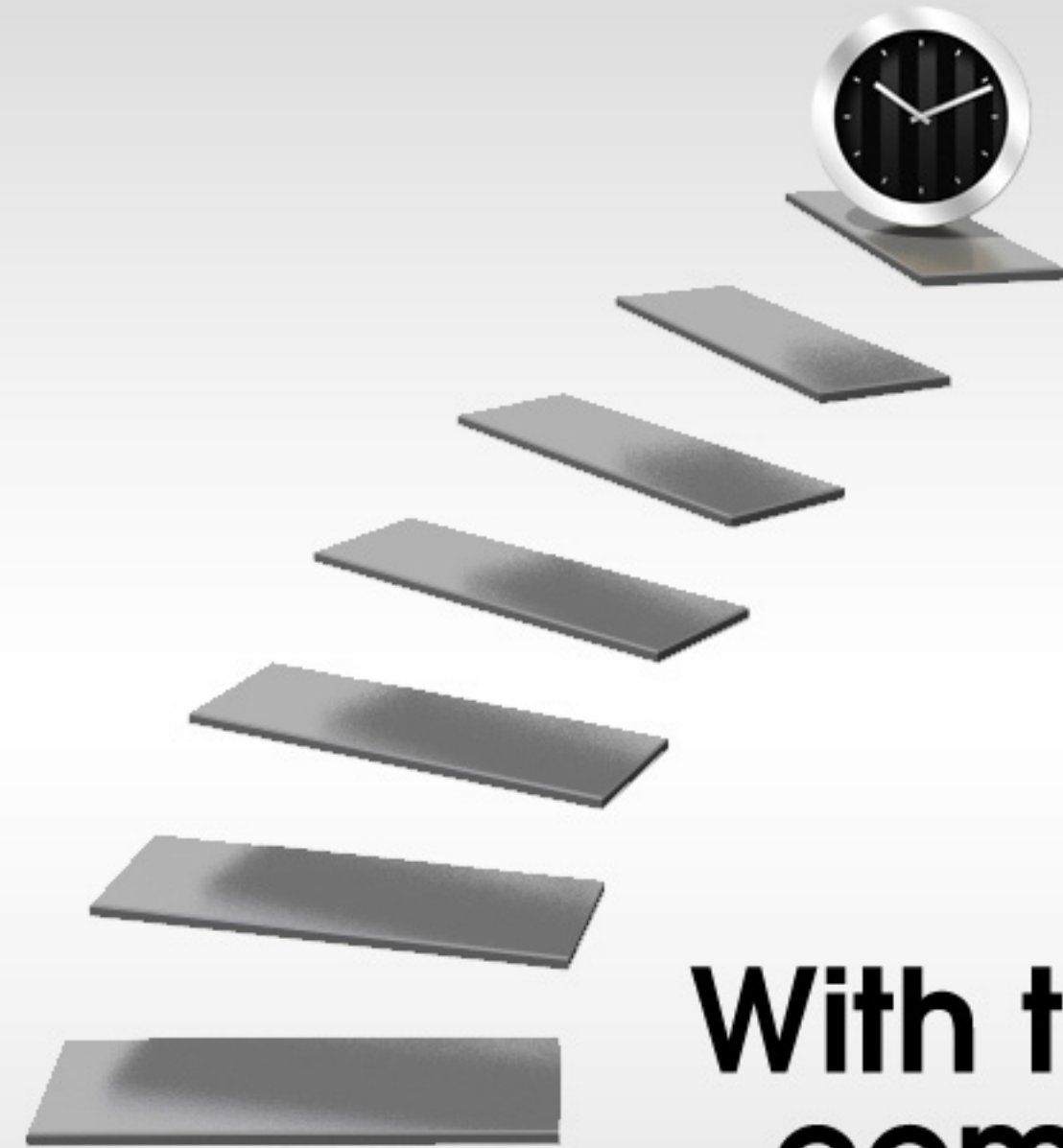
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**With time  
comes  
Progress**

A close-up photograph of a child's hand holding a pink, ring-shaped bubble wand. The child is blowing a stream of bubbles that are floating upwards and to the left. The bubbles are iridescent and vary in size. The background is a soft, out-of-focus light green. The text "Let our children breathe" is overlaid on the left side of the image.

Let our **children  
breathe**