

## **Parental Knowledge, Attitudes, and Adherence to Preventive Practices of Bronchial Asthma in Children**

AMHC Atthanayake<sup>1#</sup>, DLG Chamoda<sup>1</sup>, WNM Fernando<sup>1</sup>, MN Priyadarshanie<sup>1</sup>, and GDI Rodrigo<sup>2</sup>

<sup>1</sup>Faculty of Allied Health Sciences, General Sir John Kotelawala Defence University, Ratmalana, Sri Lanka

<sup>2</sup>Faculty of Medicine, General Sir John Kotelawala Defence University, Ratmalana, Sri Lanka

#36-nur-0027@kdu.ac.lk

### **Abstract**

Pediatric bronchial asthma burdens both families and the healthcare system due to frequent acute attacks requiring medication and hospital admissions. This study aimed to determine parental knowledge, attitudes, and adherence to preventive practices for bronchial asthma in children attending Lady Ridgeway Hospital (LRH) for Children, Colombo. A descriptive cross-sectional study with a qualitative component was conducted amongst parents of children under 12 years of age (n=172) who had been diagnosed with bronchial asthma. Data was collected through a validated interviewer-administered questionnaire, a validated observation checklist, and focus group discussions. The quantitative data was analyzed using SPSS version 25.0 and attitude component was analyzed using thematic analysis. Ethical approval was obtained. Parental knowledge of bronchial asthma (knowledge Scores; poor 0-4, moderate > 4-8, good > 8-12) was moderate (55.2%). Knowledge of emergency management at home was poor (41.3%) (poor 0-2, moderate > 8-16, good 16-23), knowledge of preventive practices for asthma was good (52.3%) (poor 0-2, moderate > 2-4, good > 4-5). Parental adherence to prescribed medication was poor (82%) (Poor <6, moderate 6-<8, highest 8). According to the observation checklist, parental competency in administering inhalers was inadequate (n=145), only (40.7%, n=59) were performed in all 12 steps. In qualitative component, parents showed positive attitudes toward using inhalers for managing bronchial asthma after identifying four themes; parental attitudes regarding the susceptibility of children to experience side effects, children's potential inhaler addiction, the effectiveness and efficacy of inhaler medication and the social stigma associated with using an inhaler. In conclusion, parents demonstrated good knowledge and positive attitudes toward asthma management. Their skills in the proper use of inhalers should be improved, and misconceptions regarding inhaler usage should be addressed.

**Keywords:** *Bronchial asthma, Parents, Knowledge, Attitudes, Practices*