

# The Usefulness of a New Asthma Program That is Easy to Follow for the Management of Adult Bronchial Asthma at Chikushi Hospital, Fukuoka University

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**Abstract:** The objective of this study was to evaluate the effectiveness of a new asthma program on the management of adult bronchial asthma using a prospective protocol at Chikushi hospital, Fukuoka University. A total of 175 subjects with bronchial asthma were enrolled and 128 subjects completed the protocol. The program significantly increased the number of the patients using inhaled corticosteroids ( from 66% to 81% ,  $p < 0.01$  ), who inhaled long acting  $\beta_2$ -agonist ( from 29% to 45% ,  $p < 0.01$  ) and who used leukotriene receptor antagonists ( from 45% to 57% ,  $p < 0.001$  ). The program also significantly decreased the patients' symptoms. We conclude that this new program helps to control bronchial asthma while significantly improving the patients' symptoms.

**Key words :** Bronchial asthma, New asthma program, Education