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Sharing 18 months of experience in free allergy asthma clinic in Mysore, India

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Introduction: The prevalence and incidence of allergic diseases and asthma are on the raise globally, mostly in urbanized locales. Developing countries like India are undergoing rapid urbanization and prevalence of allergic diseases is surely on the raise. We are running a Free Allergy Asthma Clinic (Swaasha Clinic) at a major tertiary medical center with medical school and extensive hospital set up catering mainly to low and middle socioeconomic class patients.

Methods: Retrospective analysis of patients registered at the center from Jan 1 2017 through July 1 2018 was performed.

Results: A total of 240 patients were registered during this period. 165 patients (68.75%) belonged to low socioeconomic class, 62 (25.8%) belonged to middle class and only 13 patients belonged to upper class. Since the clinic is attached to the pediatric department, majority of patients were below 18 years of age. 58 patients were in less than 5 year age group, 118 patients were in 5-12 year age group, 45 patients were in 12-18 year age group and 19 patients were above 18 years age group. There were 142 males and 98 females (M:F=1.4:1). 176 patients had asthma of whom, 13 had intermittent asthma, 69 mild persistent asthmas, 76 moderate persistent asthmas and 18 severe persistent asthma. 52 patients had allergic rhinitis of which 15 had mild allergic rhinitis and 37 had moderate-severe allergic rhinitis. 15 children had allergic conjunctivitis, 8 children atopic dermatitis and 5 children had recurrent urticaria. Allergy Prick skin test was performed on 171 patients using the standard pediatric panel. Major sensitizations were found to house dust mite (DP, DF) in 36 patients (21%) and cockroach in 25 patients (14.6%). Spirometry was done in 139 patients. It was normal in 72 patients (52%) and showed reversibility in 38 patients (27%). Follow up visits was seen in only 68 patients (28.3%) of which only 24 (10%) cases had more than 3 follow ups.

Conclusion: It can be concluded that most of our patients are suffering from mild and moderate persistent asthma with house dust mite being the most common allergen causing sensitization and there is a poor long term follow up of our patients even though services are provided free of cost. Hence, there is an urgent need to implement suitable intervention strategies for optimum management of asthma.

Biography

M R Savitha is currently working as Professor of Pediatrics at the Department of Pediatrics of Mysore Medical College and Research Institute, Mysore, India. She has 22 years of experience in the field of pediatrics. She has published 39 papers in various national and international journals. She has presented 41 papers in various states, national and international conferences. Her field of interest is allergy and asthma in children and lipid profile in children.

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