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**Prevalence of Asthma–Chronic Obstructive Pulmonary Disease Overlap Syndrome among Smoker Patients with Asthma: A Cross-
Sectional Study.**

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ABSTRACT

Background: Prevalence of Asthma – chronic obstructive pulmonary disease Overlap Syndrome (ACOS) diagnosis is variable depending on many definitions. ACOS is a significant and underestimated health problem that represents a burden for the health care system compared to Asthma and chronic obstructive pulmonary disease (COPD) alone. Estimating the prevalence, adherence to treatment and its influence on the

quality of life of ACOS population can minimize hospitalization demands. Additionally, this estimation can serve as vital dataset for further research in this field.

Aim: To assess the prevalence of ACOS in Jordan, to reveal the level of adherence to treatment, to explore the relationship of ACOS diagnosis and the QoL, to reveal the relationship between adherence and QoL, and to reveal the relationship of ACOS and some selected sociodemographic variables among the Jordanian population.

Methods: This cross-sectional study was conducted over two months from September to October 2018 at many settings, the outpatient respiratory clinics in governmental hospitals in Jordan. Asthmatic outpatients were interviewed to assess their spirometric readings, patients' adherence to treatment, and patients' Quality of life. The researcher accessed and interviewed participants during their visit to the respiratory clinic in the governmental hospitals, questionnaires relevant to Sociodemographics, adherence to treatment, and quality of life were completed, spirometry readings of patients were also assessed.

Results: Prevalence of ACOS was found to be 33% amongst asthmatic outpatients in the governmental hospitals (n= 200), their mean age was 54.9 ± 14.82 . Age and smoking history were found to have a significant positive relationship with ACOS. Quality of life mean scores was found to be low (Mean \pm SD = 3.4 ± 1.1 out of 7), despite that patients were found to be adherent to their treatment modalities (Mean \pm SD = 2.8 ± 0.8 out of 6).Significant positive relationship between adherence to treatment and quality of life (significance level/ 2-tailed = 0.018) was found. Negative relationship was found between ACOS and QoL (Rho = -0.02)

Conclusion: A one third prevalence of ACOS was estimated. Low level of QoL and adherence to treatment among Asthmatic ACOS patients were showed in this study. Interestingly, a significant positive relationship between QoL and adherence to treatment was found.

Keyword: ACOS, Quality Of Life, Adult Asthma Adherence, Asthma, COPD, Smoking.