

LOPEZ, F. (2011). Self Care Management Practices of Discharged Asthmatic Clients. Lorma Colleges, City of San Fernando, La Union.

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Abstract:

This study aimed to determine the self care management practices of discharged asthmatic clients, conducted in the calendar year 2010. One hundred sixty-four (164) asthmatic clients in City of San Fernando, La Union were selected using random sampling in which they are discharged from the two biggest hospitals in La Union Lorma Medical Center and Ilocos Training and Regional Medical Center.

Descriptive survey method and questionnaire were used in gathering data which were treated using Weighted Mean and Average Weighted Mean.

Most of the respondents were older adults, females, high school graduates and mostly discharged from government hospital. Results show that asthmatic respondents were not fully able to maintain and actively follow the measures in their self care. They have difficulties in managing their self health care.

A Self care management guide can be utilized in the maintenance of a good lung function and attaining quality life among asthmatic clients.