



Review Article

A Review to Assess the Effectiveness of Patient Counselling Using Pill Method in Improving Quality of Life Among Asthma Patients

Jasmi S.*¹, Prasobh G. R.², Nithin Manohar R.³, Jasmy E. S.⁴, Joshin Lal E.¹, Arya S. D.¹, N. Kishore¹

¹Fifth Year Doctor of Pharmacy Student, Sree Krishna College of Pharmacy and Research Centre, Parassala, Thiruvananthapuram, Kerala, India.

²Principal, Sree Krishna College of Pharmacy and Research Centre, Parassala, Thiruvananthapuram, Kerala, India.

³Professor & HOD, Department of Pharmacy Practice, Sree Krishna College of Pharmacy and Research Centre, Parassala, Thiruvananthapuram, Kerala, India.

⁴Assistant Professor, Department of Pharmacy Practice, Sree Krishna College of Pharmacy and Research Centre, Parassala, Thiruvananthapuram, Kerala, India

Asthma is a chronic inflammatory disease of the airways that affects millions of individuals worldwide and significantly impacts quality of life. Poor medication adherence, incorrect inhaler technique, and inadequate disease knowledge contribute to poor asthma control. Patient counselling using the Pill Method is a simple and effective educational approach that utilises medication samples, visual aids, and demonstration techniques to improve patient understanding and adherence. This review aims to assess the effectiveness of patient counselling using the Pill Method in improving quality of life among asthma patients. Evidence suggests that structured counselling enhances medication adherence, inhaler technique, self-management skills, and overall clinical outcomes, thereby improving patients' quality of life.

Keywords: Asthma, Patient Counselling, Pill Method, Quality of Life.

INTRODUCTION

Asthma is a chronic respiratory disorder characterised by airway inflammation, bronchial hyper-responsiveness, and reversible airflow obstruction. Common symptoms include wheezing, coughing, chest tightness, and shortness of breath. Despite the availability of effective medications, many asthma patients continue to experience poor disease control due to inadequate medication adherence and improper inhaler use. Patient counselling plays a vital role in asthma management. The Pill Method is an educational counselling strategy where healthcare professionals use actual medications, pill boxes, inhalers, and visual demonstration techniques to

explain treatment regimens and improve patient understanding.

Importance of Patient Counselling in Asthma

Patient counselling helps patients:

- Understand their disease condition
- Learn proper inhaler techniques
- Improve medication adherence
- Recognize and avoid asthma triggers
- Manage acute exacerbations effectively
- Improve self-care and self-management skills

Effective counselling empowers patients to participate actively in their treatment and improves long-term disease control.

Pill Method of Patient Counselling

The Pill Method is a patient-centred counselling approach that involves:

- Showing patients their medications physically
- Explaining dosage schedules using pill organizers
- Demonstrating inhaler techniques step-by-step
- Using visual aids and medication charts
- Reinforcing adherence through repeated counselling

This method improves understanding among patients with low health literacy and promotes better medication-taking behaviour.

Quality of Life In Asthma Patients

Quality of life refers to the patient's perception of physical, emotional, and social well-being. Poorly controlled asthma can lead to:

- Frequent hospital visits
- Sleep disturbances
- Reduced physical activity
- Emotional stress and anxiety
- Decreased work or school productivity

Improving asthma control through effective counselling can significantly enhance quality of life.

Benefits of Pill Method Counselling

1. Improved Medication Adherence

Patients better understand dosing schedules and the importance of regular medication use.

2. Better Inhaler Technique

Demonstrations help patients use inhalers correctly, ensuring optimal drug delivery.

3. Increased Disease Knowledge

Patients gain awareness regarding asthma symptoms, triggers, and preventive measures.

4. Reduced Hospitalizations

Improved adherence and disease control reduce emergency visits and hospital admissions.

5. Enhanced Quality of Life

Patients experience fewer symptoms, better physical functioning, and improved psychological well-being.

Factors Affecting Effectiveness of Counselling

Patient-related factors

- Age
- Education level
- Health literacy
- Motivation

Therapy-related factors

- Complexity of medication regimen
- Number of medications prescribed

Healthcare-related factors

- Availability of trained pharmacists
- Duration and frequency of counselling sessions
- Follow-up monitoring

Role of Clinical Pharmacist

Clinical pharmacists contribute by:

- Providing individualized patient counselling
- Demonstrating inhaler techniques
- Monitoring medication adherence
- Identifying drug-related problems
- Conducting follow-up assessments

Their involvement significantly improves asthma outcomes and quality of life.

Research Gap

Although several studies have evaluated patient counselling in asthma management, limited research specifically investigates the effectiveness of the Pill Method on quality of life outcomes. More interventional studies are required to establish standardized counselling protocols and evaluate long-term benefits.

CONCLUSION

Patient counselling using the Pill Method is an effective strategy for improving quality of life among asthma patients. It enhances medication adherence, improves inhaler technique, increases disease awareness, and promotes better self-management. Clinical pharmacists play a crucial role in implementing this counselling approach. Incorporating structured Pill Method counselling into routine asthma care can lead to improved clinical outcomes and enhanced patient well-being.

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