

ASTHMA CONTROL TEST (ACT) IN ASTHMATIC CHILDREN

Thesis

Submitted For Partial Fulfillment
of Master Degree in Pediatrics

By

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M.B., B.Ch. (2001)
ALAZHAR UNIVERSITY

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَأَنْزَلَ اللَّهُ
عَلَيْكَ الْكِتَابَ
وَالْحِكْمَةَ
وَعَلَّمَكَ مَا لَمْ
تَكُنْ تَعْلَمُ
وَكَانَ فَضْلُ
اللَّهِ عَلَيْكَ
عَظِيمًا

صدق الله العظيم
سورة النساء آية

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LIST OF CONTENTS

Title	Page No.
-------	----------

Introduction**Error! Bookmark not defined.**

Aim of the work.....**Error! Bookmark not defined.**

Review of Literature

- Pediatric bronchial asthma**Error! Bookmark not defined.**
- Methods of assessing asthma control in children..... **Error! Bookmark not defined.**
- Impulse oscillation system (IOS)**Error! Bookmark not defined.**

Subjects and methods**Error! Bookmark not defined.**

Results**Error! Bookmark not defined.**

Discussion.....**Error! Bookmark not defined.**

Summary and conclusion**Error! Bookmark not defined.**

Recommendations**Error! Bookmark not defined.**

References**Error! Bookmark not defined.**

Arabic Summary.....—

LIST OF TABLES

Tab. No.	Title	Page No.
Table (1):	Early childhood risk factors for persistent asthma Error! Bookmark not defined.	
Table (2):	Clinical features that increase the probability of asthma Error! Bookmark not defined.	
Table (3):	Differential diagnosis of bronchial asthma Error! Bookmark not defined.	
Table (4):	Classification of asthma severity: Error! Bookmark not defined.	
Table (5):	Medications currently available for childhood asthma Error! Bookmark not defined.	
Table (6):	Asthma treatment in children aged 0–2 years Error! Bookmark not defined.	
Table (7):	Asthma treatment in children aged 3–5 years Error! Bookmark not defined.	
Table (8):	Stepwise treatment for acute asthma episodes. Error! Bookmark not defined.	
Table (9):	Well-controlled asthma in children Error! Bookmark not defined.	
Table (10):	Level of asthma control Error! Bookmark not defined.	
Table (11):	Asthma Control Scoring System (ACSS) Error! Bookmark not defined.	
Table (12):	Reasons for poor control Error! Bookmark not defined.	
Table (13):	Sex distribution in the studied asthmatic children (35 cases) Error! Bookmark not defined.	
Table (14):	Age distribution in the studied asthmatic children. Error! Bookmark not defined.	
Table (15):	Mean distribution of anthropometric measures in the studied asthmatic children. Error! Bookmark not defined.	
Table (16):	Mean score of CACT/ ACT questionnaires. Error! Bookmark not defined.	
Table (17):	Mean values of impulse oscillation parameters in the studied asthmatic children. Error! Bookmark not defined.	

LIST OF TABLES (Cont...)

Tab. No.	Title	Page No.
Table (18):	Distribution and percentage of grades of asthma severity among all cases	Error! Bookmark not defined.
Table (19):	Distribution and percentage of asthma control level (according to GINA, 2009 guidelines) among all cases.	Error! Bookmark not defined.
Table (20):	Percent of controlled (score>19) and uncontrolled (score<19) cases according to CACT/ACT questionnaires	Error! Bookmark not defined.
Table (21):	Correlations between total score of CACT /A CT with other measured parameters.	Error! Bookmark not defined.
Table (22):	Comparison between mean total score of CACT /ACT according to grades of asthma severity.	Error! Bookmark not defined.
Table (23):	Comparison between the mean of total score of CACT/ACT with the GINA level of asthma control.	Error! Bookmark not defined.
Table (24):	Comparison between CACT/ACT scores and asthma treatment recommendations.	Error! Bookmark not defined.
Table (25):	Comparison between the levels of total score of CACT /ACT according to the presence of allergic rhinitis.....	Error! Bookmark not defined.
Table (26):	Comparison between asthma grades and categories of CACT/ACT (controlled score >19 and uncontrolled score ≤19)	Error! Bookmark not defined.
Table (27):	Comparison between GINA level of asthma control and cut off score of CACT/ACT (controlled score >19 and uncontrolled score≤19)	Error! Bookmark not defined.

LIST OF TABLES (Cont...)

Tab. No.	Title	Page No.
Table (28):	Comparison between the presence of allergic rhinitis and cut off score of CACT/ACT (controlled >19 and uncontrolled ≤19) Error! Bookmark not defined.	
Table (29):	Comparison between gender and cut off score of CACT/ACT (controlled score >19 and uncontrolled score ≤19).... Error! Bookmark not defined.	
Table (30):	Agreement between CACT/ACT and R5. Error! Bookmark not defined.	
Table (31):	Agreement between CACT/ACT and GINA Level of asthma control. Error! Bookmark not defined.	
Table (32):	Agreement between R5 and GINA level of asthma control. Error! Bookmark not defined.	
Table (33):	The area under the curve analysis identified the optimal cutoff point Error! Bookmark not defined.	

LIST OF FIGURES

Fig. No.	Title	Page No.
Figure (1):	Risk factors in Bronchial Asthma Error! Bookmark not defined.	
Figure (2):	Asthma Inflammation: Cells and Mediators Error! Bookmark not defined.	
Figure (3):	Management approach based on control for children older than 5 years Error! Bookmark not defined.	
Figure (4):	Questionnaire for Children & Teens (5-17 years old) Error! Bookmark not defined.	
Figure (5):	The Childhood Asthma Control Test (CACT) (4-11 years) Error! Bookmark not defined.	
Figure (6):	Asthma Control Test for teens 12 years and older. Error! Bookmark not defined.	
Figure (7):	Schematic diagram of the impulse oscillometry system measuring-head and connectors Error! Bookmark not defined.	
Figure (8):	Master Screen IOS Error! Bookmark not defined.	
Figure (9):	Method of performing IOS test Error! Bookmark not defined.	
Figure (10):	Normal Impulse Oscillometry Results Case Number (8). Error! Bookmark not defined.	
Figure (11):	Pathological Impulse Oscillometry Results: Case Number: (23) Error! Bookmark not defined.	
Figure (12):	Graph obtained by Impulse Oscillometry Results Case Number: (8) Error! Bookmark not defined.	
Figure (13):	Pie chart show the distribution and percentage of sex among all cases. Error! Bookmark not defined.	
Figure (14):	Distribution of age and anthropometric measures in the studied asthmatic children. Error! Bookmark not defined.	
Figure (15):	Pie chart show the distribution and percentage of grades of asthma severity among all cases. Error! Bookmark not defined.	
Figure (16):	Pie chart show the percentage of level of asthma control Error! Bookmark not defined.	
Figure (17):	Percent of controlled & uncontrolled asthmatic cases according to CACT/ACT questionnaires Error! Bookmark not defined.	

LIST OF FIGURES (Cont...)

Fig. No.	Title	Page No.
Figure (18):	Scatter diagram showing the relation between the total score of CACT/ACT and Resistance at 5 Hz (R5).....	Error! Bookmark not defined.
Figure (19):	Scatter diagram showing the relation between the total score of CACT/ACT and Resistance at 20 Hz (R20).....	Error! Bookmark not defined.
Figure (20):	Comparison between mean total scores of CACT/ACT according to grades of asthma severity	Error! Bookmark not defined.
Figure (21):	Mean CACT/ACT score compared to GINA level of asthma control.	Error! Bookmark not defined.
Figure (22):	Mean CACT/ACT scores according to presence of other atopy	Error! Bookmark not defined.
Figure (23):	Comparison between level of asthma control and cut off score of CACT/ACT (controlled score >19 and uncontrolled ≤19)..	Error! Bookmark not defined.
Figure (24):	Comparison between atopy and cut off of CACT/ACT (controlled score >19 and uncontrolled score ≤19).....	Error! Bookmark not defined.
Figure (25):	Comparison between gender and cut off of ACT (controlled >19 and uncontrolled <19)	Error! Bookmark not defined.
Figure (26):	Receiver Operating Characteristic (ROC) curve to define the best cutoff to total score of CACT/ACT to detect controlled asthma.	Error! Bookmark not defined.
Figure (27):	Childhood Asthma Control Test (C-ACT) for children aged 4 - 11 years old translated to Egyptian Arabic language.	Error! Bookmark not defined.
Figure (28):	Asthma Control Test (ACT): for teens 12 years and older translated to Egyptian Arabic language.	Error! Bookmark not defined.

LIST OF ABBREVIATIONS

Abbrev.	Meaning
A.C.S.S	Asthma control scoring system
A.C.T	Asthma control test
A.T.A.Q	Asthma therapy assessment questionnaire
A.B.G	Arterial blood gases
A.H.R	Airway-hyperresponsiveness
A.D.A.M	A disintegrin and metalloprotease
A.I.R	Asthma in real life
A.U.R	Area under curve
B.H.R	Bronchial-hyper-responsiveness
C.A.C.T	Childhood asthma control test
C.A.G.E	Composite atopy gene expression
C.A.S	Clinical asthma score
C.C.A.C.T	Chinese childhood asthma control test
C.D	Cluster of differentiation
C.Q.L.Q	Child quality of life questionnaire
E.P.R-3	Expert panel report-3
F.C.R	Fragment crystalline receptors
F.E.V	Forced expiratory volume
FeNO	Fractional exhaled nitric oxide
F_{res}	Resonant frequency
G.I.N.A	Global initiative for asthma
I.C.S	Inhaled corticosteroids
I.g.E	Immunoglobulin E
I.O.S	Impulse oscillometry

LIST OF ABBREVIATIONS (Cont...)

Abbrev.	Meaning
L.A.β.As	Long-acting β ₂ receptor agonists
L.T.R.A	Leukotriene receptor antagonist
N.A.E.P.P	National asthma education and prevention program
P.E.F	Peak expiratory flow
P.F.T_s	Pulmonary function tests
R.O.C	Receiver operating characteristic
R.S.V	Respiratory syncytial virus
R₅	Resistance at 5 hertz
R_{rs}	Respiratory resistance
S. L .I. T	Sublingual immunotherapy
T.h	T helper
T.R.A.K	Test for respiratory and asthma control in kids
X₅	<u>Reactance at 5 hertz</u>
X_{rs}	<u>Respiratory reactance</u>
Z_{rs}	Respiratory impedance

INTRODUCTION

Asthma is a disorder defined by its clinical, physiological, and pathological characteristic. The predominant feature of the clinical history is episodic shortness of breath, particularly at night, often accompanied by cough *Global Initiative for Asthma (GINA, 2009)*.

Although there was little change in the overall prevalence of current wheeze, the percentage of children reported to have had asthma increased significantly, possibly reflecting greater awareness of this condition and/or changes in diagnostic practice. The increases in asthma symptom prevalence in Africa, Latin America and parts of Asia indicate that the global burden of asthma is continuing to rise, but the global prevalence differences are lessening (*Pearce et al., 2007*).

In spite of the development and dissemination of international guidelines for the diagnosis and the treatment of asthma, during recent years, there is continuing evidence of poor control of asthma among children and adults (*Rabe et al., 2004*).

National and international guidelines clearly state that the aim of the asthma management is to achieve and maintain control. Controlled asthma is characterized by minimal or no symptoms during the day and at night, no

asthma attacks, no emergency visits to physicians or hospitals, minimal need for reliever medications, no limitations on physical activities and exercise, nearly normal lung function and minimal or no side effects from medication (*GINA, 2008*).

Several validated instruments for assessing asthma control are currently available, each capturing multiple of asthma burden. Unlike severity scores which are clinician derived, most control scores are based on patient or parent completed survey (*Juniper et al., 1999 and Nathan et al., 2004*).

It is reported that the Childhood Asthma Control Test (CACT) is accurate and reliable in assessing asthma control in children. It is suggested to be able to discriminate among various levels of control, even children defined as having poorly controlled disease by their physicians (*Liu et al., 2007*).

AIM OF THE WORK

To evaluate the reliability and validity of the subjective (ACT) in asthmatic children compared to objective measurement of pulmonary function tests (PFTs) with impulse oscillation system (IOS).