The association between asthma control and health care utilization, work productivity loss and health-related quality of life.

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Abstract

OBJECTIVE:
To determine the association between asthma control and health outcomes.

METHODS:
Cross-sectional data on asthmatic patients were from the 2006 U.S. National Health and Wellness Survey. Asthma control was determined by the Asthma Control Test. Outcomes assessed included work productivity loss/activity impairment, health-related quality of life, and resource utilization. Effects of asthma control on outcomes were determined with linear and Poisson regression models.

RESULTS:
There were 2767 uncontrolled asthmatics and 2912 controlled asthmatics. Adjusting for confounders, controlled asthmatics reported (P < 0.001) higher physical and mental health-related quality of life scores (SF-8); fewer emergency room visits, hospitalization days, and medical provider visits; lower levels of overall work productivity loss and activity impairment.

CONCLUSION:
Results indicate that asthma control is associated with better health outcomes. Management with therapies optimizing asthma control may reduce direct and indirect costs of treatment.

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