OBJECTIVE: The purpose of this study is to evaluate the effect of an evidence-based asthma disease management program in patients’ health-related quality of life (HRQL). METHODS: A total of 54 asthmatic adult patients participated in the before-and-after study in one of the managed care organizations in Hungary. The program included the development and use of evidence-based protocols, patient education, asthma nurse consultation and self-management programs. On entering the study, after 6 months and after 12 months patients’ HRQL was measured using the generic utility questionnaire, the EQ-5D and the specific Asthma Quality of Life Questionnaire (AQLQ). Statistical significance was tested with paired samples T-test. RESULTS: A total of 24 patients completed the questionnaires on all 3 occasions. The mean baseline score was 0.79, 69.95, and 4.16 for the EQ-5D index, EQ-5D VAS, and the AQLQ overall, respectively. Baseline scores of patients with and without complete follow-up data did not differ from each other. At 6 months there was a significant mean increase of 0.11 (p = 0.004) in the index and the VAS scores, respectively. After 12 months, the index score was maintained at 0.89, with a mean increase of 0.10 from baseline (p = 0.013). The VAS score continued to grow to 84.48 reflecting an overall increase of 14.53 (p < 0.001). At 12 months, significantly less patients reported problems in mobility and anxiety/depression. Both the domain levels and overall AQLQ scores improved at 6 months (p < 0.001). At 12 months, this change remained significant. Improvements in Symptom and Emotion domains were large, 0.84 (p < 0.001) and 0.82 (p < 0.001) respectively. CONCLUSIONS: Evidence-based asthma disease management programs can significantly improve patients’ HRQL already after 6 months, and this improvement can be maintained after 12 months. Importantly, the magnitude of achievable improvement in HRQL corresponded to a difference previously observed between two asthma disease control level groups.

ECONOMIC AND QUALITY OF LIFE IMPACT OF SEASONAL ALLERGIC CONJUNCTIVITIS IN OXFORDSHIRE

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OBJECTIVE: The purpose of this study was to examine the economic and quality of life (QoL) impact of seasonal allergic conjunctivitis in Oxfordshire. METHODS: Participants were recruited from either general practices, or the casualty department of the Oxford Eye Hospital (OEH). The inclusion criteria for cases were that participants: 1) experienced itchy, bloodshot and watering eyes at some time between February and August every year since 1999, and 2) considered it likely that this was in response to seasonal allergens. Participants completed the EQ-5D Health Questionnaire, the Rhinoconjunctivitis Quality of Life Questionnaire, the National Eye Institute (US) Visual Functioning Questionnaire 25, and a specially developed Health Economic and Demographic Questionnaire. RESULTS: Most participants in both groups were female (67.5% in SAC and 70% in control group, P = 0.565). Weekly earnings were lower in the SAC group (P < 0.001), as the SAC group also worked fewer hours per week (P < 0.001). Participants with SAC also experi-