

University Of Baghdad	
Alkindy College Of Medicine/ Research Module	
Full name of students:	<ol style="list-style-type: none"> 1. علياء عبد الحسين جابر 2. ازهار علي جهاد 3. عبدالله سامي كاظم
Name of Supervisor	Dr.Saba Jassim Hamdan
Year :	2017-1018
Abstract	<p><u>The Efficacy and Prevalence of Montlukast Therapy in Patients with Cough Variant Asthma in Al-Kindy teaching Hospital.</u></p> <p>Background: Cough-variant asthma is a type of asthma in which the main symptom is a dry, non-productive cough, sometimes called chronic cough to describe a cough that has lasted longer than six to eight weeks. People with cough-variant asthma often have no other "classic" asthma symptoms, such as wheezing or shortness of breath. Montelukast is a cysteinyl leukotriene receptor antagonist used for the maintenance treatment of asthma and to relieve symptoms of seasonal allergies.</p> <p>Objective: This study was performed to evaluate the therapeutic effect of Montelukast in Cough Variant Asthma and to investigate the prevalence of Montelukast in Cough Variant Asthma.</p> <p>Methods Across sectional study was conducted among 30 patients with chronic cough (without wheezing and shortness of breath) at least 8 weeks using Montelukast at Alkindy hospital between the period of January 2018 to March 2018. A convenient method of sampling was used in this study. After obtaining the formal approval from the Scientific and Ethical Committee in Alkindy College of Medicine, University of Baghdad. After obtaining verbal consent from each patient, an interview using questionnaire was used to collect the data, that was specifically prepared to meet the objective of study including (age, sex, associated disease, exacerbation factors and classical therapy). The collected data was analyzed using SPSS version 20 where (P-value of less than 0.05) considered as statistically significant, in addition using table and figures.</p> <p>Result: There was a reduction of the symptoms associated with CVA after treatment with Montelukast in the patients of our study. Prevalence of exacerbation factors was as following, dust was found in 73.3% of the patients, food in 36.7%, exercise 60%, psychological in 56.7%, smoking in 30%, other (perfume, cold weather) 26.7%. The usage of Montelukast in this study was 73.3% (22 patients). Patients using Montelukast showed improvement of symptoms as follows, Chest</p>

pain was relieved from 57.1% of patients after Montelukast administration, Exhaustion in 58.3%, Vomiting 76.5%, Sleep disturbance in 54.5%, Affecting daily life in 57.1%, Syncope 66.7%.

Conclusion:

The prevalence of Montelukast administration to the patients with Chronic Cough in our study was found to be more than 70 percent of the 30 total patients. Montelukast usage was to be found significant in treatment of Chronic Cough and the symptoms associated with it, also the use of Montelukast lead to reduction in the frequency of chronic cough.

Keywords: Cough Variant Asthma (CVA), Montelukast

Supervisor Name & Signature

Dr.Saba Jassim Hamdan

Module Coordinator

Prof Dr. Huda Adnan