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Current situation of bronchial asthma in the elderly in Ha Tinh city in Vietnam

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Abstract

Bronchial asthma is one of the most common chronic respiratory diseases. In the elderly, asthma may appear from an early age, or appear later than after 60 years. According to a research result of B. A. Bauer and partners (1997) show that every year, the incidence of bronchial asthma in people over 65 is 0.1%. In the US, according to the research results of Burrows et p. (1991), the rate of asthma in people over 60 years old is 7.5%; the result of Malik et p. (2004) was 10%.

Bronchial asthma in the elderly in Ha Tinh city is mainly in those who previously worked in heavy jobs, involving dust, smoke or polluted air. Most people feel bad about their health. Bronchial asthma in the elderly has not been paid enough attention, so the proportion of elderly people caught bronchial asthma who have or are suffering from bronchial asthma is quite high.

Keywords: Current situation, qigong, bronchial asthma, biology, Ha Tinh city

1. Introduction

1.1 Put The Issue

According to the World Health Organization (WHO), there are about 300 million people in the world with bronchial asthma (BA) at the present, it is estimated that this number will increase to about 400 million by 2025. In the United States, bronchial asthma causes about 5,000 deaths, 2 million emergency visits each year, and 500,000 hospitalizations each year. In particular, South-East Asia is an area with a rapidly increasing prevalence of bronchial asthma. 9.7% of the population of Malaysia, 11.8% of Philippines, 9.2% of Thailand, 14.3% of Singapore, about 5% of Vietnam. There are 200,000 deaths due to asthma every year, including 3,000 cases in Vietnam. In traditional medicine, in order to prevent bronchial asthma, in addition to medication, acupuncture, massage, culinary therapy ..., people also use the method of practicing qigong and nourishment. This is one of the fairly unique treatments and if practiced consistently, the effect is very high.

2. Research Methods

- Interview method.
- Anthropological and biomedical methods.
- Statistical mathematical methods.

3. Research Results and Discussion

1. Current situation of bronchial asthma in the elderly in Ha Tinh City
2. The proportion of elderly people in Ha Tinh City
3. Application organization

3.1 Experimental subjects were divided into 2 groups

- **The verified group:** Including 100 students (53 male and 47 female).
- **The experimental group:** Including 100 students (52 male and 48 female). Application of the

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Table 1: The quantity and the percentage of elderly people in Ha Tinh City (According to the survey data of Ha Tinh City Statistical Office)

Serial	Total population	Age group above 60	
		Quantity	Rate (%)
Ha Tinh City (2016)	117.546	13.636	8,62
Vietnam (2016)	93.421.835	9.070.081	10,3

Through table 1 shows, the proportion of the elderly in Ha Tinh City in 2016 (8,62%) is lower than the national rate of the elderly in 2016 (10.3%).

3.2 Research results on the situation of bronchial asthma at the age of 60 -75, in the fact of the surveys in the wards in Ha Tinh City

Table 2: The proportion of elderly people with bronchial asthma

Sex	Not caught bronchial asthma		Caught bronchial asthma	
	N	Percentage (%)	N	Percentage (%)
Male (n=2453)	2143	87,36	310	12,64
Female (n= 2453)	2348	95,72	105	4,28
Total (n = 4906)	4491	91,54	415	8,46

- The results of table 2 show: The number of elderly people with bronchial asthma in Ha Tinh City accounts for 8.46%, of

which men account for 12.64%, women account for 4.28%.

Table 3: The relationship between bronchial asthma and age groups.

Age group	Not caught bronchial asthma		Caught bronchial asthma	
	N	Percentage (%)	N	Percentage (%)
60 - 65 (n = 1637)	1523	93,04	114	6,96
66 - 70 (n = 1638)	1502	91,7	136	8,3
71 - 75 (n = 1631)	1466	89,88	165	10,12
Total (n= 4906)	4491	91,54	415	8,46

- The above data show that the number of people with bronchial asthma gradually increases with age group: In the age group of 60-65, accounting for 6.96%, by the age of 71-75, the proportion of people with asthma increased to 10.12%.

3.3 Bronchial asthma and a number of factors related to elderly people with bronchial asthma

Table 4: Relationship between elderly people with bronchial asthma and age group and gender

Age group	Male		Female		Total	
	The amount of people	Percentage (%)	The amount of people	Percentage (%)	The amount of people	Percentage (%)
60 - 65	84	20,24	30	7,23	114	27,47
66 - 70	102	24,57	34	8,2	136	32,77
71 - 75	124	29,88	41	9,88	165	39,76
Total	310	74,69	105	25,31	415	100

- The results obtained in Table 4 show that: The occurrence of bronchial asthma is related to age. In men and women,

bronchial asthma increases according to the age group.

Table 5: The relationship between occupation and bronchial asthma

Occupation	Quantity	Rate (%)
Teacher	65	15,5
Officer	39	9,4
Worker	159	38,4
Farmer	63	15,2
Freelancer	89	21,5
Total	415	100

Table 5 shows that the majority of those who had occupational asthma were workers (38.4%), followed by

teachers (15.5%) and farmers (15.2%), the lowest is officers (9.4%).

Table 6: Survey results on the number of people who have ever smoked and are smoking in men with bronchial asthma

Current situation of smoking	Male		Female		Total	
	Quantity	Rate (%)	Quantity	Rate (%)	Quantity	Rate (%)
Never smoked	49	15,8	103	98,1	152	36,6
Ever smoked	183	59,0	2	1,9	155	44,6
Still smoking	78	25,2	0	0	78	18,8

- The results of the above data show that: Among 415 people caught bronchial asthma, the percentage of smokers is higher than the number of non-smokers.
- Some survey results on the relationship between asthma and smoking: Among men caught bronchial asthma, the number of smokers accounts for 59%, the proportion of non-smokers accounts for 15.8%.

The table 7 below shows that:

- Among elderly people caught bronchial asthma, no one rated their health as good, only 3.6% rated themselves relatively good. The elderly rated their health at the weak level (40.7%), followed by the average (37.3%) and very weak (18.4%).

Table 7: Self-assessment of the health of older persons caught bronchial asthma

Health level	Male (n=310)		Female (n=105)		Total (n=415)	
	Quantity	Rate (%)	Quantity	Rate (%)	Quantity	Rate (%)
Good	0	0	0	0	0	0
Relatively good	11	3,5	6	3,8	15	3,6
Medium	119	38,4	36	34,3	155	37,3
Weak	127	41	42	40	169	40,7
Very weak	53	17,1	23	21,9	76	18,4

The results in Table 8 show that: The highest rate of detection at the age of over 60 years (38.8%), followed by the age of

41-60 years (28.4%) and the lowest at 20-40 years old (10.8%).

Table 8: The time to detect bronchial asthma

Age detected bronchial asthma	Male (n=310)		Female (n=105)		Total (n=415)	
	Quantity	Rate (%)	Quantity	Rate (%)	Quantity	Rate (%)
< 20 years old	66	21,3	25	23,8	91	22
20 - 40 years old	33	10,6	12	11,4	45	10,8
41 - 60 years old	88	28,4	30	28,6	118	28,4
> 60 years old	123	39,7	38	36,2	161	38,8

Table 9: Several complications in elderly people with bronchial asthma (according to the results determined by the health authorities)

Complications of bronchial asthma	Quantity	Rate (%)
Cor Pulmonale	26	6,3
Respiratory failure	35	8,4
Bronchial infections	105	25,1
Pneumothorax	33	8,0
No complications	216	52,2
Total	415	100

Through table 9, it is shown that: among elderly people with asthma more than half (52.2%) do not have any complications of bronchial asthma; 47.8% had complications of bronchial asthma. The most common complication of bronchial asthma in the elderly were bronchial infections (25.1%), followed by respiratory failure (8.4%), pneumothorax (8.0%) and Cor Pulmonale (6.3%).

4. Conclusion

Results of a survey on the situation of bronchial asthma in the elderly in Ha Tinh City: The number of elderly people with bronchial asthma in the elderly accounts for 8.46%, of which the rate of male diseases is 3 times higher than that of women (men account for 12.64%, women account for 4.28%) .

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