

## Using Website Health Information to Manage Children's Asthma

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### Abstract

Bronchial Asthma is a chronic inflammatory disorder of respiratory airways that affects loads of children worldwide. It is characterized by tightening of respiratory airways, making it hard to breathe. There is no curing treatment for asthma, but its management using medication and routine modifications can be achieved. The use of online information for bronchial asthma control was recently introduced and markedly being an emergent trend of parents to manage their asthmatic children. This research discovers the probable advantages and disadvantages of using online health information for asthma management in children. This work found that online health data can be a significant resource for parents of asthmatic children. It can offer correct information about the status of the patient, therapy choices, and lifestyle modifications that can aid to control manifestations. Online health data can also support parents' connection with other parents of asthmatic children and to discover support groups. However, the study also detected that there are some disadvantages related to the use of online health information in asthma pediatric patients. Parents may be exposed to incorrect or confusing data, and they may not be able to discriminate between dependable and untrustworthy sources. Moreover, parents may depend on online information and disregard consulting with their child's physician. Generally, this work proposes that online health data can be a useful method for parents of children with asthma. Though, it is vital to use this information in a wise way and keep consulting child's physician before choosing to make any modifications to a child's treatment strategy.

**Keywords:** chronic inflammatory disorder, respiratory airways, routine modifications, bronchial asthma control.

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### INTRODUCTION

Bronchial Asthma is a chronic inflammatory disorder of respiratory airways that affects loads of children worldwide. It is characterized by tightening of respiratory airways, making it hard to breathe. There is no curing treatment for asthma, but its management using medication and routine modifications can be achieved [1]. However, bronchial asthma still carries out a great load, particularly in children with uncontrolled attacks [2]. It is significant to adhere to treatment, adequate inhalation technique and self-education in the management. However, asthma control can be hindered by many factors related to person, family, public, and healthcare and provider interaction with patient [3]. Recently, there has been an emergent inclination of parents using online health information for children's asthma management. Telemedicine can help patients in education of their inhaler devices in a correct manner, which develop asthma control and decrease asthma

exacerbation risk [4]. Parents can use health informatics to:

- Study about the situation. Online resources can offer parents data about definition, causes and symptoms of asthma. Parents can also study about various types of asthma and how they are managed [5].
- Recognize child's triggers which can worsen asthma symptoms. Common triggers are pollen and dust mites as allergen, smoke and air pollution as irritant. Online resources can help to recognize child's initiators and develop a strategy to evade them [5].
- Create an action plan. An asthma action plan is a written plan that tells you what to do if a child has an asthma attack. Online resources can help to create an action plan and make sure it is updated [6].
- Find support. There are many online communities where parents of children with asthma can connect and share support. These communities can be a great place to learn from other parents and get advice on how to manage your child's asthma [7].

This research discloses the probable advantages and draw backs of expending online health data for management of asthma.

#### Advantages of using online health information

There are several probable advantages of using online health information for children asthma management. Parents concern online health data as more recent, faster and at ease in accessibility than offline in-person data, and frequently have a trust in the data delivered [8]. Hence the first advantage is that the online health data can offer precise information about the disorder, management options, and routine changes that can aid to control symptoms. This information can be supportive for parents unfamiliar with bronchial asthma or parents unsure about the way to control their child's status [9]. Second advantage, online health information can aid parents to interconnect with other parents of asthmatic children. This can be a valued source of help and data, as all parents can share their practices and guidelines for controlling asthma [9]. Third advantage, online health data can aid parents to stay updated on the most recent investigation and management preferences for bronchial asthma. This can be significant for confirming that children are getting the most efficient potential care [10].

#### Disadvantages of using online health information

Whereas there are numerous potential advantages to utilizing online health data, there are also some disadvantages. First, parents may be exposed to incorrect or deceptive data. This is a certain disadvantage when parents use online websites that are not produced by trustworthy organizations or that are not revised by health professionals [11].

Second, parents may not be able to discriminate between dependable and undependable sources of data. This can be a challenge, as parents may make conclusions and choices about their child's health management based on incorrect or misrepresentative and distorted information [11]. Third disadvantages, parents may depend much on online data and this may lead to negligence to access with their child's physician. This can be a significant problem, as it can lead to be late in identification and therapy [12]. There are some recommendations on using online health information to manage children's asthma;

- Only use reputable websites. There are many websites that provide information about asthma, but not all of them are reliable. Look for websites that are run by healthcare organizations, government agencies, or universities [13].
- Check the date of the information. Medical information can change over time, so it is important to make sure that the information you are reading is up-to-date [14].
- Be aware of your biases. We all have biases, and our biases can influence how we interpret information. Be aware of your own biases and try to be objective when reading online health information [15].

- Talk to your child's doctor. If you have any questions or concerns about the information you have read online, talk to your child's doctor. They can help you to understand the information and decide if it is relevant to your child's situation.

#### CONCLUSION

Generally, the research proposes that online health data can be a useful implement for parents of children with asthma. However, it is vital to use this information intelligently and to refer to a physician before choosing any modifications to a child's therapy strategy.

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