**Asthma Control and Management among Arabic-Speaking immigrants in Australia**

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**Introduction.** Asthma prevalence is notable among Australians, including minority populations such as Arabic speaking Middle Eastern migrants and refugees (1). Effective asthma self-management requires appropriate knowledge and skills.

**Aim**. This study aimed to assess asthma control, perceptions, and inhaler technique among Arabic-speaking immigrants in Australia.

**Methods**. A cross-sectional study design was employed, and Arabic-speaking adults diagnosed with asthma were invited to complete an anonymous self-administered questionnaire. Participants were recruited through a multi-faceted approach from February to June 2024. The questionnaire comprised of six key sections: demographics, asthma control, illness perception, asthma knowledge, information resources, and inhaler use. The questionnaire was available in Arabic, in both soft and hard copy formats. Data were analysed using IBM Statistical Package for the Social Sciences Software (SPSS).

**Results.** Most participants indicated that asthma had a low to moderate negative impact on their lives. Weather, humidity, and family history were identified as the main causes of asthma. The majority (n=30) of participants reported having uncontrolled asthma. The study results also highlighted that none of the participants used their metered-dose inhaler correctly, with majority of the participants missing 3 or more steps from the checklist.

**Discussion.** The study highlights significant challenges in asthma control and management among Arabic-speaking migrants and refugees in Australia. The findings suggest the need for targeted educational interventions to improve asthma control and asthma self-management among Arabic speaking immigrants in Australia.

1. Australian Bureau of Statistics. *Asthma* [Internet]. Canberra: ABS; 2022 [cited 2024 May 31]. Available from: https://www.abs.gov.au/statistics/health/health-conditions-and-risks/asthma/latest-release.