JUSTIFICATION OF RESPIRATORY CYTOPROTECTION IN BRONCHIAL ASTHMA IN CHILDREN

O. K. Koloskova, S. I. Tarnavska
Bukovinian State Medical University, Chernivtsi, Ukraine

Abstract. The aim of the study. To improve the results of treatment and prevention measures for bronchial asthma (BA) in children by supplementing the complex of basic therapy with the inhalation of the drug ectoin ("Ectobris").
Material and methods. A comprehensive clinical and paraclinical examination of 78 school-aged children with BA was conducted. 2 clinical groups were formed. The first group was formed by 47 children (average age — (12.2 ± 0.5) years, the share of boys — 78.7 %), who received standard basic treatment for BA. The II group included 31 patients with BA (average age — (11.7 ± 0.6) years, $p > 0.05$, the proportion of boys — 67.7 % ($p > 0.05$)), whose basic therapy included the inhalation drug "Ektobris" (2.5 ml in containers for nebulization 2 times/day for 10 days). The main clinical characteristics of the observation groups were comparable.
Results. We established that children with asthma who received Ectobris inhalations in complex basic treatment had an increase in the average score on the ACT questionnaire, which indicated an improvement in disease control (increase in absolute risk (AR) — 53.8 %, increase in relative risk (RR) — 69.9 % (95%CI: 59.9-78.7) with the minimum number of patients (MNP) — 1.4 (95%CI: 0.04-6.5). It was also shown that the use of the 10-day course of inhalations was accompanied by a decrease in inflammatory desquamation of the epithelium (according to nasocytogram data), and an increase in the chances of achieving the minimum number of desquamated epitheliocytes (< 5 %) in the nasal epithelium was characterized by: DAR — 32.0 %, DRR — 52, 4% (95%CI: 42.2-62.5), MNP — 1.9 (95%CI: 0.1-7.2) and also made it possible to reduce the indicators of nonspecific hypersensitivity of the respiratory tract to indirect bronchospasmogenic factors.
Conclusions. Adding "Ektobris" inhalations to the standard basic anti-inflammatory therapy of BA made it possible to improve control over the asthma, reduce indicators of non-specific hypersensitivity of the respiratory tract to physical exertion.

Key words: bronchial asthma, children, ectoine.