**Systematic Review of the Clinical Interventions for the Treatment of Asthmatic Children for Application in Saudi Arabia**

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# Abstract

Asthma is one of the most prevalent medical conditions around the world according to WHO estimation. The chronic and acute episodes of asthmatic attacks are one of the major causes of increasing admissions of children in the Emergency Departments of hospitals in Saudi Arabia.

The purpose of this systematic review of literature was to evaluate the efficacy of pharmacological and non-pharmacological interventions in helping develop the health standards for Asthmatic Children in Saudi Arabia as mentioned in the published studies.

Methodology to achieve the goal of this proposal for developing a systematic review, the bibliographic databases (including the Cochrane (CENTRAL), EMBASE PUBMED/MEDLINE and google scholar) were systematically searched for the studies related to health care system containing the data in the form of different analyses/ meta-analyses of RCTs (Randomized Control Trials).

Of the final 30 studies, majority of the research findings focused on the asthmatic medications and their efficacy of treatment, whereas, the rest dealt with the current guidelines being implemented in Saudi Arabia worldwide and the context of their development. All the studies were then made part of the discussion where their clinical interventions and prevention programmes were discussed in detail and pharmacological and non-pharmacological treatment guidelines were established.

In conclusion all reports and documents describing the clinical trials for Inhaled and Systemic Corticosteroids, Leukotriene Modifiers, Beta Agonists, Theophylline and Combination Therapies of multiple drugs from all over the world were evaluated for developing the most effective treatment guidelines for Asthmatic children from the time of their birth to the age of 16 years for application in Saudi Arabia.



**Biography**

Majed Alafra completed a master degree of Advancing clinical pharmacy practice from the university of Hertfordshire, UK in 2015. Mr. Alafraa is working as a senior pharmacist ED pharmacy supervisor and part time researcher in prince Sultan Military Medical City in Saudi Arabia. He presented his work in national and international scientific conferences and meetings.

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