

1 Introduction

Asthma remains one of the most common chronic conditions affecting young adults in the UK and, despite effective treatments, preventable asthma deaths continue to occur.¹

Medical students receive in-depth training on asthma management and are expected to counsel patients on optimal disease control. Yet, it is unclear if they adhere to guideline-based management for their own asthma.

Do medical students practice what they preach?

2 Methods

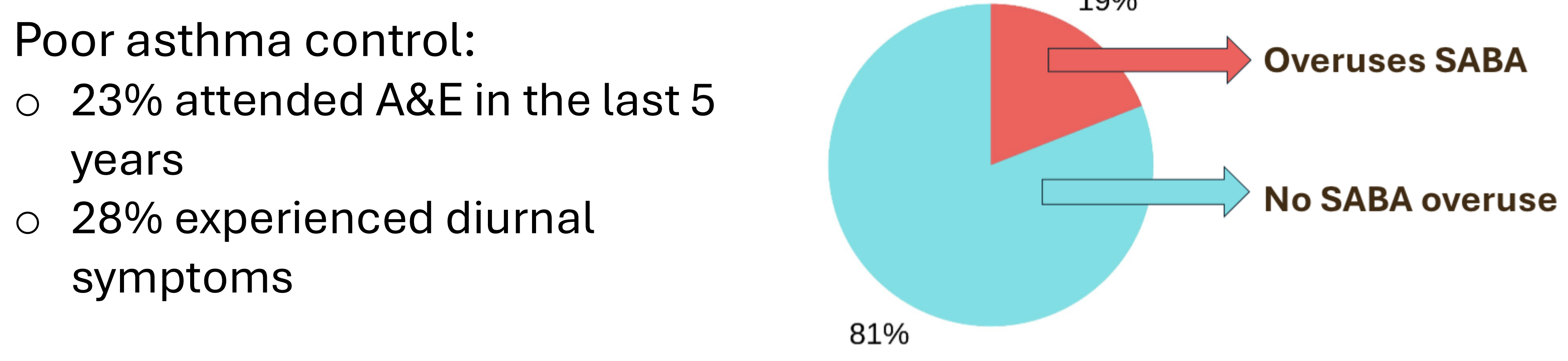
A cross-sectional, anonymous online questionnaire was distributed to all medical students at HYMS over three months. 53 students completed the survey. Data collected included:

- participant demographics
- asthma history
- reliever (SABA) inhaler use
- preventer (ICS) inhaler adherence
- inhaler technique

Pre-clinical and clinical students were compared to assess whether formal training improved self-management.

3 Results

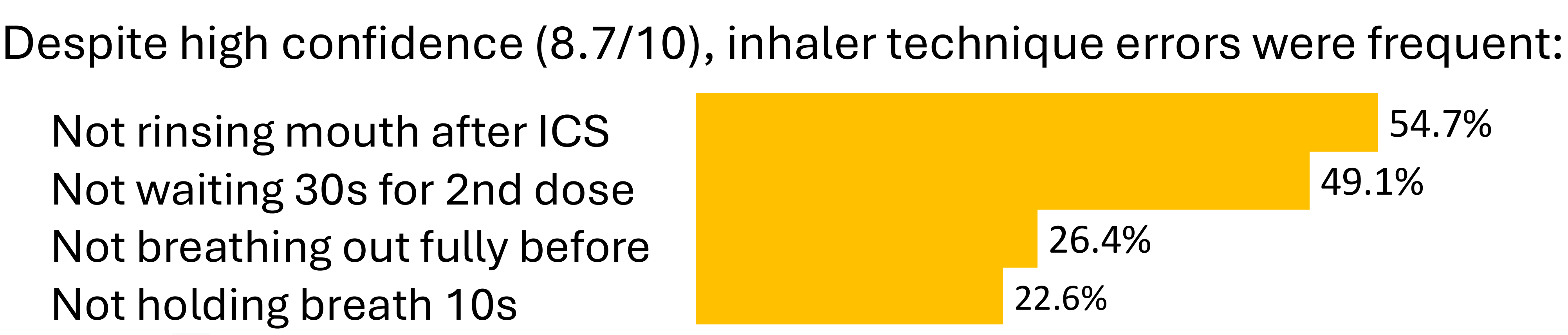
Asthma control and SABA overuse*



Preventer Adherence[‡] and Barriers



Inhaler technique



No significant differences between pre-clinical and clinical students

4 Conclusion

Significant gaps exist in asthma self-management amongst medical students despite training, suggesting that knowledge alone does not translate into behaviour. Future doctors who struggle with their own adherence may provide less effective patient education. Potential interventions include peer-led workshops, GP practice collaboration, and wider educational initiatives.

References:
1. Asthma + Lung UK (2024). 'Asthma care is in crisis' - charity sounds the siren as asthma death toll rises | asthma + lung UK. [online] www.asthmaandlung.org.uk. Available at: <https://www.asthmaandlung.org.uk/media/press-releases/asthma-care-crisis-charity-sounds-siren-asthma-death-toll-rises> [Accessed 2 Sept. 2026].