

Background : Asthma poses a significant public health concern, impacting individuals across various age groups. The improper utilization of pressurized metered-dose inhalers (pMDI) stands out as a primary contributor to the challenges in managing asthma. Effective counseling for patients with asthma, both adults and children, regarding the correct use of pMDIs has demonstrated substantial improvements in asthma symptom control. This, in turn, leads to better clinical outcomes for individuals dealing with asthma. Various counseling methods are at the disposal of healthcare professionals, each exerting a unique impact on the overall management of asthma.

Materials and methods: This study comprises a structured review of existing literature on asthma management for both adults and children. The focus is on counseling methods for patients with asthma, exploring the diverse types available, and the assessment of asthma symptom control through follow-up questionnaires.

Search strategy : Electronic databases were searched using three searching tools were used; medical literature databases like **PubMed ,Mendeley and Google scholar** were searched for published articles about asthma counseling. Using the following searching words “Asthma”, “Asthma counseling”, Verbal counseling “ , “Advanced counseling “ , “Asthma control” and “Pressurized metered dose inhalers”. , the data was extracted from the publications including, publication details, methodologies, interventions, study designs, key results and outcomes. A two stages were done, the 1st stage includes systematic reviews on asthma counseling and management, the 2nd sage includes the original researches about asthma counseling.

Conclusion: Asthma counseling emerges as a fundamental element in the effective management of asthma for both adults and children. Various counseling strategies have consistently demonstrated significant improvements in overall asthmatic status and clinical outcomes.