

Patients' knowledge, perspectives and attitudes towards treatment goals and clinical remission in severe asthma

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Digital poster
Supplemental data
Narrated summary

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Aims

- For patients with severe asthma, the introduction of targeted medicines, such as biologics, has revolutionised what patients can achieve in terms of disease control, and clinical remission is now an emerging therapeutic goal.^{1,2}
- As a first step towards developing a commonly accepted definition for on-treatment clinical remission for asthma, experts have proposed a clinical remission framework, which includes 4 areas of focus:³
 - Sustained absence of asthma symptoms
 - Stabilisation of lung function
 - No SCS use
 - Patient and HCP agreement regarding clinical remission
- Subsequent studies have further explored the impact of targeted medicines on different symptoms, lung function and SCS parameters of clinical remission; however, the patient element has had less focus.⁴⁻⁷
- In this international survey, we obtained the perspectives of patients with asthma on current treatment goals and their knowledge and perception of clinical remission.

Results

Figure 1: Total population characteristics (N=126)

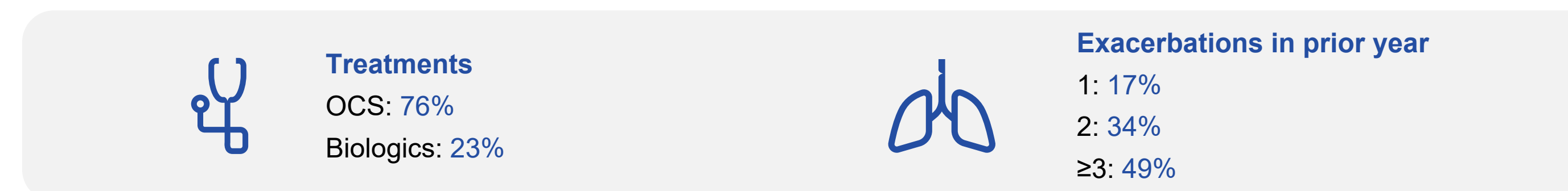


Figure 2: The patients' emotional responses shifted throughout their asthma journey, from worry-free with a sense of freedom, through to a state of anxiety and loneliness, and a variable future outlook

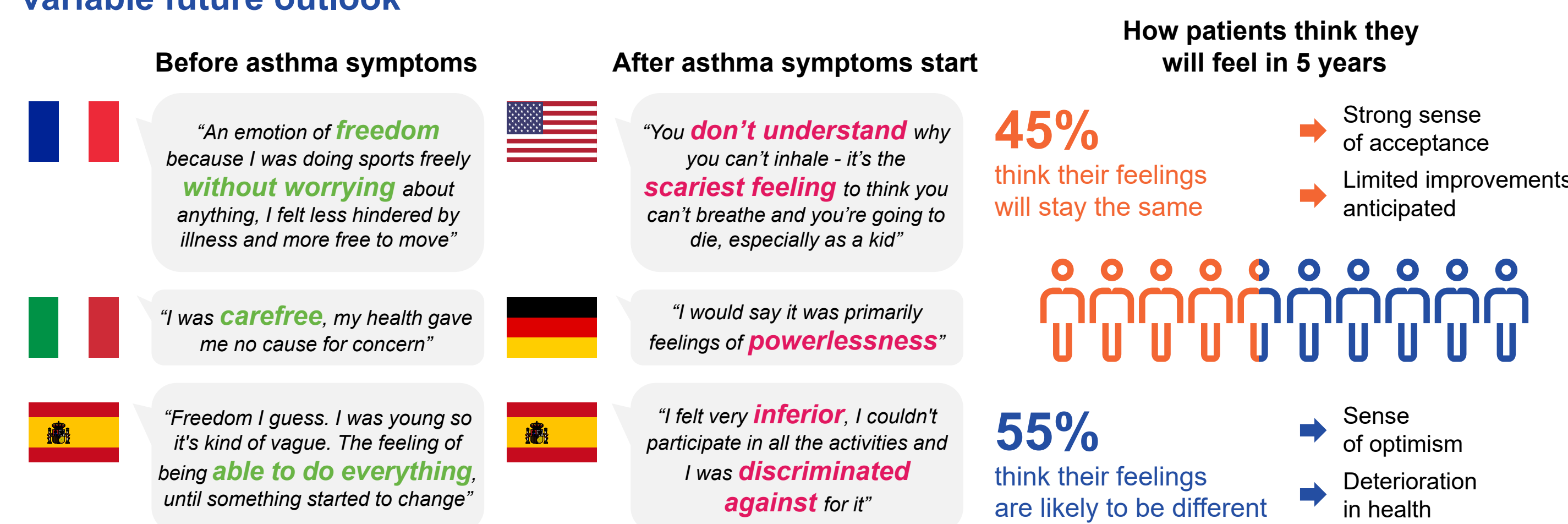
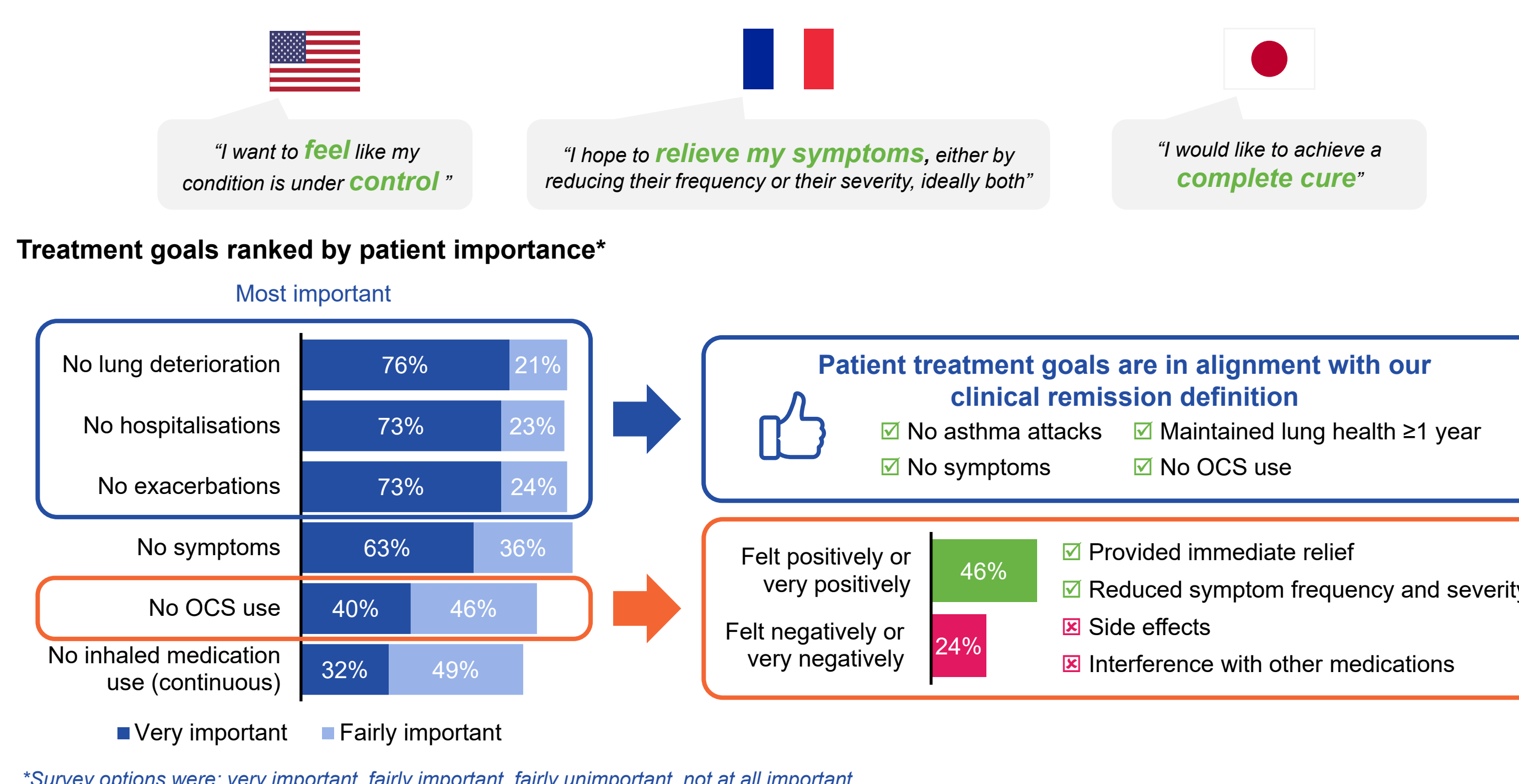


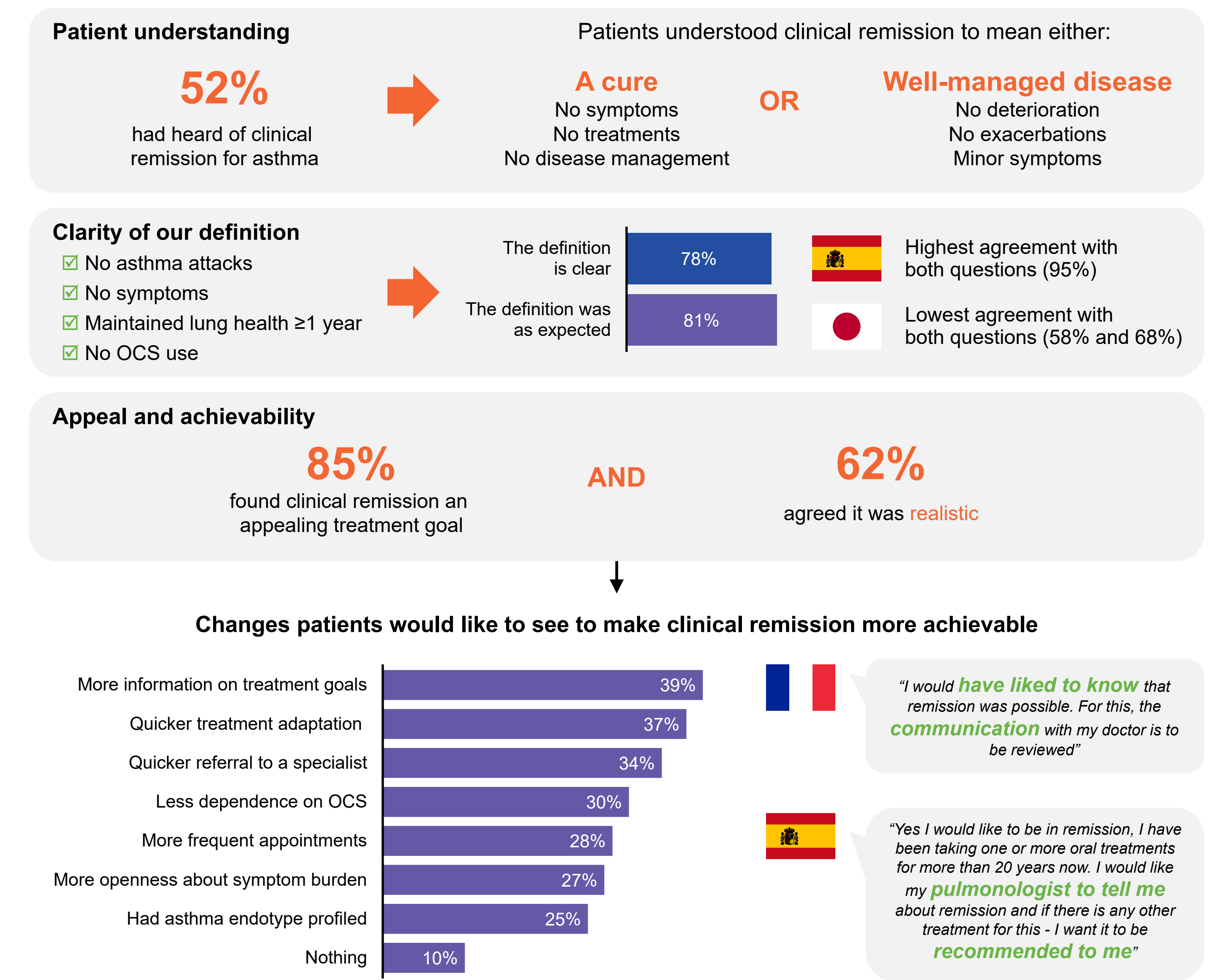
Figure 3: Patients were looking for treatments to help them manage both the physical and emotional burden of asthma, with symptom-focused goals considered the highest priority



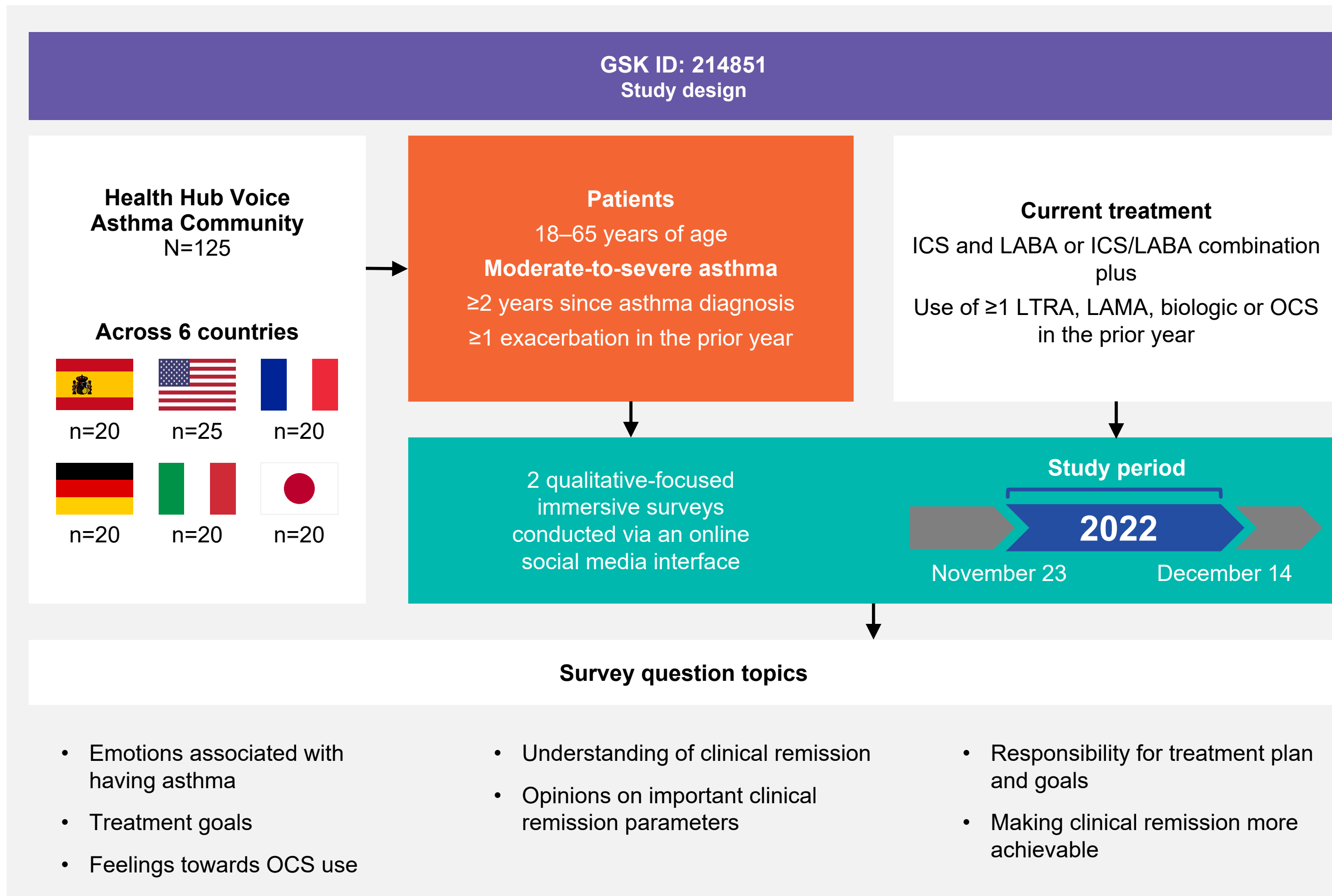
Conclusion

- This is the first study to assess patient perspectives on clinical remission in asthma, a concept 85% of patients with asthma surveyed found an appealing treatment goal.
- Although two-thirds of patients felt clinical remission was a realistic treatment goal, they had diverse views on what clinical remission means.
- There was a lack of consensus among patients regarding how remission could be made more achievable.
- Together, these data highlight the opportunity for HCPs to help inform and guide patients on clinical remission and the need for the proactive setting of treatment ambitions in clinical practice.

Figure 4: A total of 85% of patients found clinical remission an appealing treatment goal and two-thirds felt it was realistic. Improved education and communication was thought to be important in making clinical remission more achievable.



Methods



Abbreviations

HCP, health care professional; ICS, inhaled corticosteroid; LABA, long-acting β-agonist; LAMA, long-acting muscarinic antagonist; LTRA, leukotriene receptor antagonist; OCS, oral corticosteroid; SCS, systemic corticosteroid.

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