



New data analysis published in the *Journal of Allergy and Clinical Immunology: In Practice* has identified five distinct patient clusters which may benefit from different consultation approaches

- REALISE survey aimed to assess levels of asthma control and patient-reported asthma control
- Factor analysis identified distinct patient clusters with varying attitudes towards asthma and its management
- Analysis shows an opportunity for different approaches to HCP-patient interaction during consultations

CAMBRIDGE, 20 November 2017 – New data analysis from the Mundipharma International Limited sponsored REALISE™ survey (REcognise Asthma and Link to Symptoms and Experiences), published today in the *Journal of Allergy and Clinical Immunology: In Practice* has identified different patient groups sharing common attitudes towards asthma and its management.¹ The analysis found a total of five clusters with differing levels in factors such as asthma control and use of reliever and preventer medication. These results indicate that patients have different needs and may require distinct approaches during consultations in order to better manage their asthma.

The five distinct patient clusters in this analysis were grouped and named according to the key characteristics comprising that cluster: 1. 'Confident and self-managing', 2. 'Confident and accepting of their asthma', 3. 'Confident but dependent on others', 4. 'Concerned but confident in their healthcare professional (HCP)', and 5. 'Not confident in themselves or their HCP'. The final two clusters were associated with the lowest GINA-defined asthma control, suggesting an opportunity for greater HCP intervention¹ in consultation with patients in these groups.

"It's very important to take a holistic approach to asthma management, considering not only clinical characteristics, but psychological factors, such as patient attitudes and behaviours, which may have a real impact on treatment outcomes," said Professor David Price, co-author of the REALISE™ publication, Chair of Primary Care Respiratory Medicine at the University of Aberdeen, Aberdeen, UK and Director of the Observational and Pragmatic Research Institute. *"This cluster analysis has identified important patient*

attitudinal subgroups that might benefit from targeted approaches during consultations. HCPs will therefore need to communicate and engage effectively with each type of patient in order to improve overall management of their disease.”

Sub-optimal asthma control remains a major problem in Europe, with many patients experiencing largely preventable symptoms that disrupt their daily lives.² Research suggests that only 20% of patients in Europe have controlled asthma according to the GINA definition.² In addition, poor or improper inhaler technique in asthma patients can lead to critical inhaler errors and are associated with reduced disease control,^{3,4} worse asthma outcomes⁵ and an increase in hospital visits.³

The REALISE survey aimed to look at levels of asthma control and patients’ attitudes and beliefs towards asthma control across Europe. It was an online survey and involved patients who were active on social media. It provides the largest pan-European data on incidence of exacerbations and symptoms, levels of GINA-defined control (Global Initiative for Asthma), as well as insights into patient attitudes.² REALISE showed that people with asthma are still experiencing largely preventable symptoms that disrupt their daily lives. The survey highlighted that 45% of respondents had uncontrolled and 35% partially controlled asthma according to the GINA criteria, although more than two thirds of patients did not recognise this and did not consider their asthma as serious.²

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Notes to editors:

For further information please visit:

<http://www.mundipharma.com/Press/RespiratoryResources/background>

About the Mundipharma network

The Mundipharma global network of privately-owned independent associated companies was founded in 1956 by doctors, and now operates in over 120 countries worldwide. We are focused on developing business partnerships to identify and accelerate meaningful technology across an increasingly diverse portfolio of therapy areas including respiratory, oncology, pain, and biosimilars. Consistent with our entrepreneurial heritage, we like to think we see what others don’t by challenging conventional wisdom and asking different and challenging questions. By working in partnership with all our stakeholders, the Mundipharma network develops medicines that create value for patients, payers and wider healthcare systems.

For more information please visit: www.mundipharma.com.

About Asthma

Asthma is a chronic inflammatory disorder of the airways which leads to recurrent episodes of wheezing, breathlessness, chest tightness and coughing. Patients with poorly managed asthma are at an increased risk of exacerbations, hospitalisation and death. Poorly managed asthma can also have a huge impact on a person's quality of life and day-to-day activities.²

About REALISE™

The REALISE™, REcognise Asthma and Link to Symptoms and Experiences, survey, sponsored by Mundipharma and developed in partnership with asthma experts, is a large pan-European survey of asthma patients which aimed to assess patient attitudes and behaviours towards their disease. The survey was conducted in 8,000 people with asthma aged 18-50 across 11 European countries between July and October 2012. In order to take part in the survey, respondents must have received at least two prescriptions for their asthma in the past two years and also had to be active on social media.

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¹ Van der Molen T., Fletcher M. and Price D. Identifying Patient Attitudinal Clusters Associated With Asthma Control: The European REALISE Survey. *J Allergy Clin Immunol Pract.* 2017. DOI: 10.1016/j.jaip.2017.10.007.

Also, the link for the article should be: [http://www.jaci-inpractice.org/article/S2213-2198\(17\)30788-2/fulltext](http://www.jaci-inpractice.org/article/S2213-2198(17)30788-2/fulltext)

² Price, D., Fletcher, M., van der Molen, T. Asthma control and management in 8,000 European patients: the REcognise Asthma and Link to Symptoms and Experience (REALISE) survey. *Prim Care Respir J* 2014;**24**:14009
doi:10.1038/npjpcrm.2014.9.

³ Al-Jahdali H, Ahmed A, Al-Harbi A, Khan M, Baharoon S, Bin Salih S, et al. Improper inhaler technique is associated with poor asthma control and frequent emergency department visits. *Allergy Asthma Clin Immunol.* 2013;**9**(1):8.

⁴ Baddar S, Jayakrishnan B, Al-Rawas OA. Asthma control: importance of compliance and inhaler technique assessments. *J Asthma.* 2014;**51**(4):429-34.

⁵ Price D, et al. "Inhaler errors in the CRITIKAL Study: type, frequency and association with asthma outcomes." *J Allergy Clin Immunol Pract.* 2017;**5**(4):1071-1081