REALISE survey\(^1\) suboptimal asthma control

- 8,000 diagnosed asthma patients aged 18-50
- 11 European countries
- The REALISE survey was conducted in 2012 in asthma patients who were active on social media

Funded by Mundipharma International Limited

The survey highlighted that 45% of respondents had uncontrolled and 33% partially controlled asthma according to the GINA criteria.

Despite this, over 80% of patients in these groups considered their asthma as controlled and more than two thirds did not consider their asthma as serious.

**Asthma control**

Survey aimed to look at levels of asthma control and patients’ attitudes and beliefs towards asthma control across Europe

**45%** uncontrolled asthma

**33%** partially uncontrolled asthma

**Clusters**

Clusters 1-5 were identified based on different factors such as asthma control and use of reliever and preventer medication.

Cluster 1: Confident and self-managing

- Highest confidence in managing their asthma and in their HCP
- Least worried about when the next asthma attack was coming
- Lowest level of asthma information seeking
- Highest rate of asthma control

Cluster 2: Confident and accepting of their asthma

- High level of confidence in managing their asthma and in HCPs
- Low levels of concern
- Infrequently seek information about asthma
- Moderate degree of asthma control

Cluster 3: Confident but dependent on others

- Confidence in managing their asthma and low levels of concern
- Moderate levels of information seeking
- Lowest levels of preventer inhaler use
- Moderate degree of asthma control

Cluster 4: Concerned but confident in their healthcare professional (HCP)

- Concerned about their asthma, but confident in their HCP
- Frequently seek information
- Low confidence in managing asthma
- Lowest level of asthma control

Cluster 5: Not confident in themselves or their HCP

- Concerned about their asthma and have the least confidence in their HCP
- Frequently seek information
- Worried about the next asthma attack
- Second lowest asthma control

Clusters 4 and 5 had the lowest levels of asthma control, suggesting opportunities for greater HCP interventions in consultation with patients. Cluster 4 patients, in particular, might benefit from HCPs:

- Checking inhaler technique
- Providing clear and reliable information
- Reviewing their medication

Other studies have shown that...

Poor or improper inhaler technique in asthma patients can lead to critical inhaler errors and are associated with:

- Reduced disease control
- Worse asthma outcomes
- An increase in hospital visits

**Targeted approaches during consultations may help patients to better manage their asthma**

These results indicate that patients have different needs and may require distinct approaches during consultations in order to better manage their asthma.

**REFERENCES:**