

# Asthma patients' and physicians' perspectives on the burden and management of asthma (APPaRENT study)

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## Why was this study done?

Researchers wanted to ask patients and doctors in different countries about asthma and asthma treatment.

## What did the researchers do and find?

Between July and August 2020, researchers sent invitations via email to patients and doctors in Australia, Canada, China, and the Philippines. If the recipients were interested in the study and met a list of requirements, they completed the questionnaire on their own.

Patients had to have asthma and be age 18 or older. Doctors had to have been in practice for at least three years and treat at least four asthma patients per month.

Most patients said it was important that their asthma medicine controls symptoms like chest tightness, coughing, and shortness of breath.

Most patients said their asthma was well controlled or completely controlled. Patients in China and the Philippines were more likely to consider their asthma only somewhat controlled compared with patients in Australia and Canada.

Researchers noticed that many patients reported shortness of breath and night-time awakenings due to asthma. Most patients used a rescue inhaler at least once in the month before taking the survey.

Almost all doctors said they classify patients by asthma severity (mild, moderate, or severe). Doctors reported that about half of their patients had mild asthma.

Most doctors thought symptom control was an important treatment goal. Doctors were more likely to prioritise reducing the risk of asthma attacks (exacerbations) over symptom control in patients with severe asthma compared with patients with mild asthma.

## What do these findings mean?

Controlling asthma symptoms is a priority for both patients and doctors. Doctors consider asthma severity when making treatment decisions for patients. They are more likely to focus on reducing exacerbations in patients with severe asthma. Communication between doctors and patients about treatment goals is important.

We would like to thank the doctors and patients who contributed to this study. The results of this study will help answer questions about treating patients with asthma.

The content for this document was finalised by GSK on 7 July 2021. The information in this summary does not include additional information available after this date.

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