BACKGROUND

Asthma control and COPD symptom burden: results from a multi-country observational study (SPRINT) in patients using fixed-dose combination (FDC) inhalers

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Study design and patients

The SPRINT study was a Phase IV, real-life, multi-country, observational, prospective study performed between May 2015 and April 2017 at 147 centers in Croatia, Denmark, Italy, The Netherlands, Norway, Portugal, Spain, Sweden and the UK.

- Patients were aged 18 years with a diagnosis of persistent asthma, or aged 40 years and over (n=560 for COPD) with more than 10 pack-years of smoking and a diagnosis of COPD.
- Patients were receiving a stable dose (no change in dose by >50% in the last 2 months) of ICS/LABA FDC, administered twice daily via a variety of DPI devices, including Durop/Spironex for, the 3 months prior to enrolment.
- Data for patients who received Durop/Spironex specifically are presented separately (Poster PA1020).

RESULTS

- Concomitant disease data were available.
- Disease severity was available for 559 patients with COPD. Disease severity was subjectively classified by physicians as mild in 53 patients (9.5%), moderate in 273 (48.4%), severe in 176 (31.5%) and very severe in 77 (13.9%).
- Disease control
  - In the overall asthma population using any ICS/LABA FDC, 684 patients (52.4%) were considered to have controlled disease (ACT score >19) (Figure 1).
  - In the overall COPD population using any ICS/LABA FDC, 85 patients (15.5%) were considered to have low symptom burden (CAT score <10) (Table 2).

CONCLUSIONS

- More than half of asthma patients using any ICS/LABA FDC inhaler met the threshold for asthma control.
- Comparatively few patients met the pre-defined criterion for low COPD symptom burden, as expected in a chronic disease with an overall more severely affected patient population.
- Three-quarters of all patients had moderate-to-high adherence to ICS/LABA FDC. In particular, more than half of COPD patients had high adherence.

Table 1. Demographic and baseline clinical characteristics

Table 2. Adherence to ICS/LABA FDC treatment and adherence classification, as assessed by MMAS-8 score

Figure 1. Proportion of asthma patients with disease control, as assessed by ACT score >19, at the time of assessment

Figure 2. Proportion of COPD patients with low symptom burden, as assessed by CAT score <10, at the time of assessment

- Among patients with asthma and COPD using Durop/Spironex, rates of asthma disease control (ACT score >19) and achievement of low symptom burden (CAT score <10) were 65.9% and 16.2%, respectively.

- Adherence
  - Mean (standard deviation) MMAS-8 score among all patients using any ICS/LABA FDC was 7.7 (1.1) (Table 3).
- A greater proportion of patients in the COPD group had high (score 8) adherence (51.0%) compared with patients in the asthma group (34.4%).

Table 3. Adherence to ICS/LABA FDC treatment and adherence classification, as assessed by MMAS-8 score

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