

Understanding Perceptions and Place of Triple Therapy for Asthma Management: The ESCALATE Survey (ERS 2025)

Asthma - management, Treatments

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Background: The GINA report 2024 recommends adding LAMA in asthma patients uncontrolled with medium to high-dose ICS+LABA.

Objectives: This survey aimed to generate insights on perceptions, preferences and place of triple therapy for asthma management in India.

Methodology: This nation-wide self-reported digital survey was conducted among clinicians managing asthma between Jan-Sept 2024. The survey link was provided after obtaining data sharing consent. Data was analyzed using descriptive statistics.

Results: 116 clinicians (77.6% pulmonologists) from 24 Indian states participated. 82.8% clinicians stated that >5% of their asthma patients were uncontrolled on medium to high dose ICS-LABA. The majority (95.65%) clinicians considered using triple therapy (ICS/LABA/LAMA) in uncontrolled asthmatics before initiating biologics. 41.37% clinicians reported >20% of their uncontrolled patients were receiving triple therapy. The majority (86.84%) preferred single inhaler triple therapy (SITT) for asthma management. Glycopyrronium-formoterol-budesonide was most preferred (70.69%) combination due to better efficacy (67.54%), safety (51.75%) and once daily dosing (51.75%). Patient profiles cited to benefit with early initiation of triple therapy included asthma-COPD overlap (23.76%), smoking history (14.85%), recurrent asthma exacerbations (11.88%) and elderly patients (5.94%).

Conclusions: Survey findings indicate that SITT is well-accepted for treatment of uncontrolled asthma with glycopyrronium-formoterol-budesonide being the favored combination. Patient profiles perceived to benefit from early initiation of triple therapy include patients with asthma-COPD overlap, smoking history and recurrent exacerbators.