Digital Interventions for Integrated Care of OAD Patients in India: DECODE Survey (NAPCON Jaipur 2025)

Rohan Gupta1, Sonam Solanki2, Arjun Khanna3, Richa Mittal4, Varun Patel5, Arpan Shah6, Hardip Maniar7, Manu Madan8, Angshuman Mukherjee9, S Yuvarajan10, Vaishali Naik1, Meena Lopez1, Senthilnathan M1, Jaideep Gogtay1

1Department of Medical Affairs, Cipla Ltd., Mumbai; 2Saifee Hospital, Mumbai; 3Amrita Hospital, Faridabad; 4Sir H.N. Reliance Foundation Hospital, Mumbai; 5Swasan Chest Hospital, Ahmedabad; 6Pranayam Lung & Heart Institute, Vadodara; 7Kiran Multisuperspeciality Hospital and research center, Surat; 8Max Superspeciality Hospital, Saket; 9Manipal Hospitals, Kolkata; 10Chest Medicine and Pulmonology, Puducherry; Email ID of presenting author: Rohan.gupta@cipla.com

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Background: Obstructive Airway Diseases (OADs) are a growing health concern in India. Digital interventions (DI) are being recognized for their role in enhancing OAD management. However, there is lack of knowledge on their usage and perception amongst clinicians in Indi

Objective: To understand adoption, usage & impact of DIs among clinicians managing OADs in India.

Methods: A nationwide, self-reported digital survey was conducted from January-September 2024. Data was analyzed using descriptive statistics.

Results: 112 clinicians (75.9% pulmonologists) participated. 54.2% reported seeing >50 OAD patients/month. Overall, 56% of clinicians used digital tools for OAD management. Clinicians with ≤20 years of experience showed higher usage (60%) of digital tools compared to those with >20 years of experience (37%).97% found DI helpful for doctors, particularly for patient education (100%), obtaining periodic reports (66.4%) & reducing consultation time (61.7%). DI could positively impact medication adherence & quality of life in patients with OAD as per 86.5% and 73.9% clinicians, respectively Clinicians cited that smart inhalers could help improve treatment outcomes (76.4%), record inhaler technique (75.5%), and support adherence and technique improvement (71.8%) Digital peak flow meters were preferred over manual ones as clinicians mentioned that they would help in maintaining and generation of records (94.4%).29% of clinicians had either used or were aware of digital pulmonary rehabilitation (DPR), with higher uptake among those with <20 years of experience (34%) compared to senior clinicians with >20 years of experience (15%). Key advantages cited for DPR included better adherence (84.3%) & improved accessibility (78.7%), with 91% of clinicians interested in recommending it to patients Preferred features recommended for lung disease app included disease education (97.2%), breathing exercises (95.4%), medication reminders (92.7%) & Pulmonary rehabilitation (91.7%).

Conclusion: This survey highlights the potential of DI to enhance clinical care and improve outcomes in OAD management