

Trends in management of mild asthma in India: Results of TRACE survey (ERS 2025)

Asthma - management, Asthma - diagnosis, Quality of life

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Background: Despite availability of effective treatments, mild asthma remains uncontrolled. Understanding current practices for managing mild asthma may help in formulating strategies to ensure better management.

Objectives: To understand clinicians' perspectives on mild asthma management

Methods: A cross-sectional, digital KAP survey was conducted among clinicians managing mild asthma in India.

Results: 592 clinicians (51.6% pulmonologists, 44.3% internists) participated in the survey. 65.9% pulmonologists and 32.3% internists reported seeing >50 asthma patients/month. 30.8% pulmonologists and 42.2% internists reported >30% asthma patients to have mild asthma. 13.7% clinicians used terminologies like allergic cough/bronchitis to label the condition. 88.9% pulmonologists and 79.1% internists opined it was "very" important to manage mild asthma, others thought it was "somewhat"/ "not" important. Symptom severity (72.5%) and spirometry (65.5%) were most used tools for diagnosis; more pulmonologists used spirometry vs. internists (75.4% vs 55.1%, $p<0.001$). PRN formoterol/budesonide was the preferred treatment [51.5% pulmonologists vs 36.1% internists, $p<0.05$] followed by regular low-dose ICS+PRN SABA (30.8% pulmonologists vs 25.5% internists) and PRN SABA (11.5% pulmonologists vs 30.4% internists). Non-acceptance of diagnosis (44.9%) and non-adherence to therapy (35.5%) were key reported barriers to effective management of mild asthma.

Conclusion: Prevalence of mild asthma is high in India, with non-acceptance and non-adherence reported as key barriers. Spirometry was used by fewer internists vs pulmonologists. Though PRN formoterol/budesonide was most preferred treatment, its usage was lesser among internists vs pulmonologists.