

Survey to understand physicians' practice patterns for asthma management in India- TracAsthma Survey

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Introduction:

The GINA strategy document recommends maintenance and reliever therapy with ICS/formoterol in Track 1 (preferred) and ICS or ICS/LABA as maintenance therapy in Track 2 (alternative) for management of asthma in adults & adolescents ≥ 12 years of age. As there is limited data on the preferences of Indian physicians for asthma management, a nationwide survey was conducted.

Methods:

A self-reported, questionnaire-based digital survey was conducted during respiratory CMEs held from August 2024 to January 2025. Clinicians were informed about the survey protocol and provided digital consent before participation. Completed forms were analyzed digitally.

Results:

78 clinicians participated in this survey (66.66% pulmonologists, 33.33% consulting physicians). Clinicians reported that 35.33%, 41.27% and 23.40%, of their patients belonged to mild, moderate and severe asthma categories, respectively. More than 20% of patients had ≥ 1 hospitalization or ED visit in the past year as per 47.44% clinicians. More than 20% of patients had uncontrolled asthma despite 3 months of treatment as per 30.77% physicians. For initial management, as needed ICS/Formoterol and ICS/Formoterol with reliever (ICS/SABA or SABA) were the most preferred choices. As-needed ICS/Formoterol (53.42%) and ICS/Formoterol with reliever (42.47%) were the most preferred maintenance regimens in Step 1 and Step 2 respectively. ICS/Formoterol with reliever (38.36%) and ICS/LABA with reliever (31.51%) were the most preferred choices in step 3, while ICS/LABA/LAMA was most preferred in Steps 4 (46.58%) and 5 (63.01%). Track 1 was the preferred (71.79%) track due to guidance recommendations and patient preference. Track 2 was preferred for its therapy individualization potential.

Conclusion:

In India, Track 1 is the preferred GINA track for Asthma management, though some clinicians prefer Track 2 due to its therapy individualization potential.