Real-world study of formoterol/budesonide delivered through BAI in COPD patients (ERS 2023)

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Abstract

Background: Breath actuated inhalers (BAIs) such as Synchrobreathe® are increasingly being used in clinical practice since they overcome coordination issues. Limited published data exists on efficacy and safety with BAIs in COPD patients.

Aim: To evaluate the effectiveness and safety of formoterol/budesonide through BAI in COPD patients.

Methods: This open-label, prospective, real-world study enrolled patients from outpatient clinics in India, who had a documented COPD diagnosis and were symptomatic on existing therapy (CAT score>10) or unable to use/dissatisfied with current inhaler and hence prescribed formoterol/budesonide (6/200mcg) (Foracort®) through Synchrobreathe®. Mean change in CAT (primary endpoint) and modified Borg Dyspnea Scale (MBDS) scores were assessed over 12 weeks and device usability at 4 weeks.

Results: The study enrolled 250 patients (mean age 64.1±9.47 years;78% males;92.8% moderate-severe COPD as per GOLD; 61.6% smokers;34% patients with exacerbation in previous year);7 patients discontinued the study. 52.4% patients were currently taking DPIs and 44% pMDIs. The CAT score significantly ($p < 0.001$) decreased from 17.78±4.17 at baseline to 11.20±4.93 units at 12 weeks (mean reduction 6.56 units); decrease was significant from week 4. The MBDS score significantly ($p<0.001$) reduced from 4.21± 1.54 at baseline to 2.63±1.29 units at week 12. A total of 37 adverse events were reported; two were COPD exacerbations but did not need hospitalization. 94% of patients found Synchrobreathe® easy to use, 99% were satisfied and 98% preferred it over their previous inhaler.

Conclusion: Formoterol/budesonide delivered through Synchrobreathe® is effective, safe and preferred by most COPD patients.

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