Characterization of severe asthma patients affiliated to the Hospital Italiano Medical Care Program in Buenos Aires, Argentina

Methods

Rationale

- Although severe asthma (SA) accounts for a small proportion of the total asthma population, it is associated with a large portion of asthma-mortality and medical resource expenditure.
- Characterization of SA patients may support health maintenance organization (HMO) to plan improvements in disease management programs to obtain better health outcomes.

Objectives:

The aim was to describe the demographic and clinical characteristics as well as the comorbidities of SA patients affiliated to a prepaid HMO located in Buenos Aires, Argentina.

How severe asthma patients were identified?

- Severe asthma patients from HIMCP: Health problems related to asthma recorded before 31 Dec 2015 and age 18 years.
- Treated asthma patients: Treated asthma patients from 01 Jan 2016 with age > 12 years.
- Female: Female sex.
- Mean age: Mean age.
- Overweight/obese: Overweight/obese.

Results

Figure 1. Cohort timeline

- Baseline Period: Definition of severe asthma patients
- Follow-up Period: Fixed index date

1. Characteristics of the 503 patients at baseline

- Female: 68%
- Mean age: 66.8 years
- Overweight/obese: 71%

2. Only Dual ICS/LABA: 75.4%

3. Triple (ICS/LABA+LAMA): 7.8%

4. Baseline Period: Follow-up Period

Results

Table 1. Comorbidities observed in the study

- COPD: 28.0%
- Depression: 20.7%
- Obesity: 17.3%
- Rhinitis: 15.5%
- Gastroesophageal reflux: 12.3%

Conclusions

- Most of SA patients were overweight or obese, with relevant comorbidities such as COPD and HMO, who can improve disease management strategies to leverage patient care.
- A small proportion of patients were identified using maximum bronchodilation (ICS/LABA+LAMA).
- The characterization of these patients is relevant for both patients and HMO, who can improve disease management strategies to leverage patient care.

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