



# Active Patient ACCESS Report

## country fact sheet: Finland

### What is the ACCESS report?

EFA conducted a survey of 700+ participants in seven countries of patients with asthma, patients with COPD and perceptions in prevention and patient empowerment. This country fact sheet represents further examination of highlights or noted deviations from overall averages.

## Summary

Due to the unique nature of the Finnish health system, Finnish survey patients were the only ones recruited by social media and patient support groups. Spirometry is almost universally used for asthma patients. Many COPD patients do not benefit from reimbursement for their medical expenses. Finnish patients in general are much more willing to share anonymous data for further studies.



ASTHMA	COPD	PREVENTION	EMPOWERMENT
<b>7.4</b> years between first symptoms and first diagnosis	<b>4.8</b> years between symptoms and COPD diagnosis (vs. 3.4 overall)	<b>74%</b> feel outdoor tobacco smoke has a large impact in their diseases (vs. 41% overall)	<b>29%</b> are not involved in therapy decision-making process
<b>91%</b> of asthma patients see the HCP up to three times a year	<b>84%</b> of COPD patients visit HCPs up to three times a year	<b>46%</b> are dissatisfied or very dissatisfied with the public authorities to reduce the level of exposure	<b>91%/82%</b> of asthma/COPD patients would be willing to share anonymous data for further studies



#ShowLeadership  
read full report: <https://efanet.online/ACCESS>



# Active Patient ACCESS Report

## country fact sheet: Finland

## ASTHMA

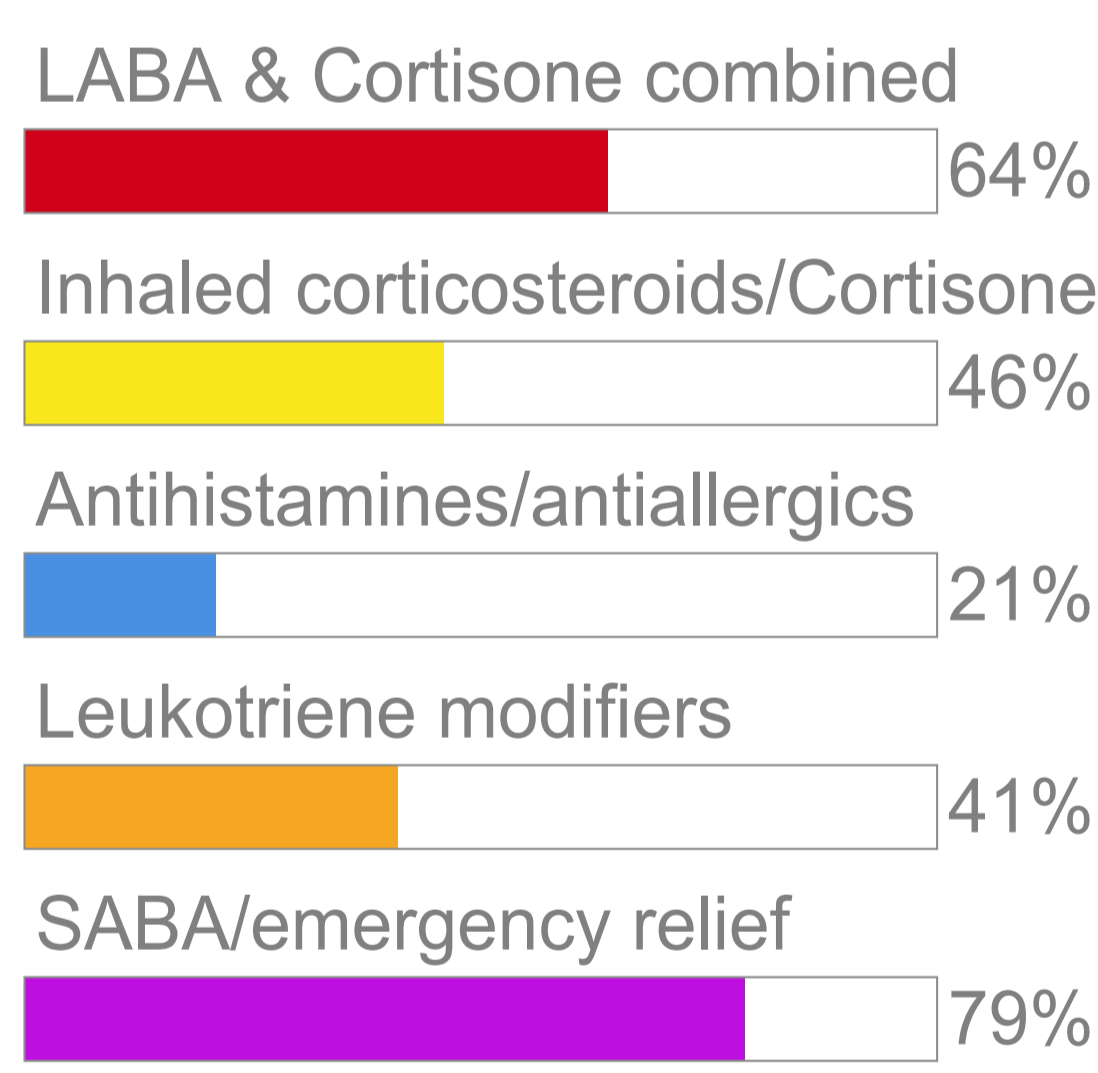
### Diagnosis testing

Provocative testing (physical activity) (55%) used much more than spirometry with relief spray (20%)

### Care:

- 12% of the patients have to pay fully for services used
- 98% used Spirometry or similar lung function measurement (vs. 79% overall)
- LABA reliever is only used by 7% (vs. 34% overall)

### Treatments currently used by patients for their asthma



## COPD

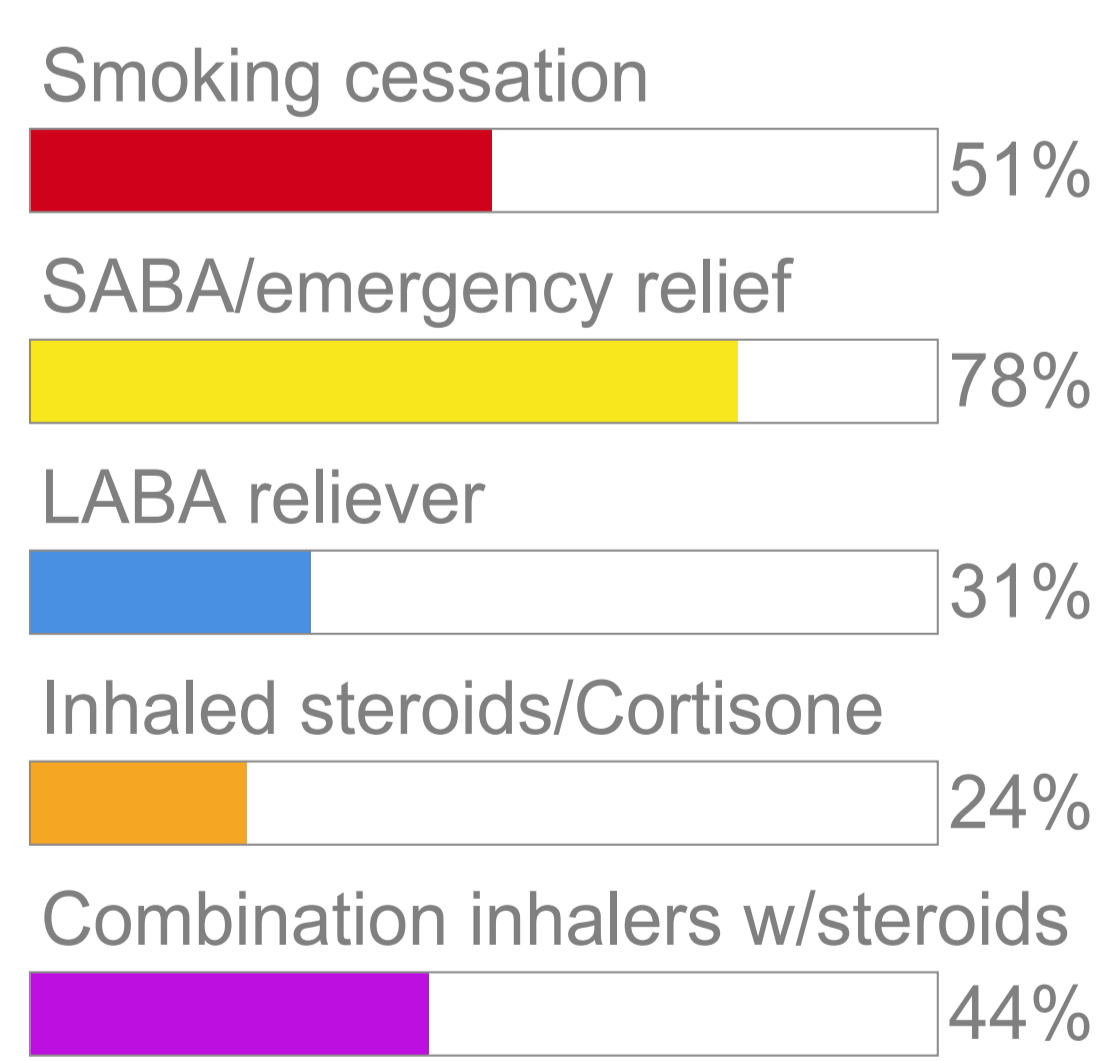
### Diagnosis testing

Laboratory tests (eg AAT deficiency) more used than X-ray (69% vs. 51% overall)

### Care

- 30% pay fully for services
- Pulmonologists are less involved in current treatment (49% vs. 81% overall)
- Lung Function/Spirometry incl. taking relief spray (27% and 5th most used vs. 18% overall and 8th most used test overall) and laboratory tests (e.g. AAT deficiency) (31% and 5th most used vs. 26% overall and 6th mostly used overall) are more used
- More used courses/exercises/training specifically for patients (73% vs. 28% overall)

### Treatments currently used by patients for their COPD



## PREVENTION

- Finnish patients feel less protected from indoor factors like furniture (20% vs. 31% overall) and cooking and heating (18% vs. 29% overall)
- Finnish patients feel more protected against outdoor pollutants related to transportation (49% vs. 38% overall), outdoor pollutants caused by industry (53% vs. 38% overall), outdoor pollutants caused by agriculture (53% vs. 30% overall) and outdoor tobacco smoke (71% vs. 36% overall)

## EMPOWERMENT

- 68% of patients don't have a written management plan and 14% have never heard of it



#ShowLeadership  
read full report: <https://efanet.online/ACCESS>