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# *“Fighting for breath”*

European patients' perspective on severe asthma symptoms

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# Our approach

Reflecting and reporting people's experience

1. Patients' groups working together
2. Europeans with asthma in their own words
3. Europeans with asthma speak in their hundreds



# Our Sample

- UK, France, Germany, Spain & Sweden
- “Severe asthma symptoms”
  - Disturbed sleep on a weekly basis
  - Attacks of wheeze at least monthly
  - One or more speech limiting attack in the last year



# The content

Quantitative survey generated and supported with qualitative group interviews

- Your experience of asthma
- Your experience of asthma care
- Your hopes for the future



# Experience of asthma 1

## Achieving International Treatment Goals

*“On a bad day I feel like I’m drowning and I*

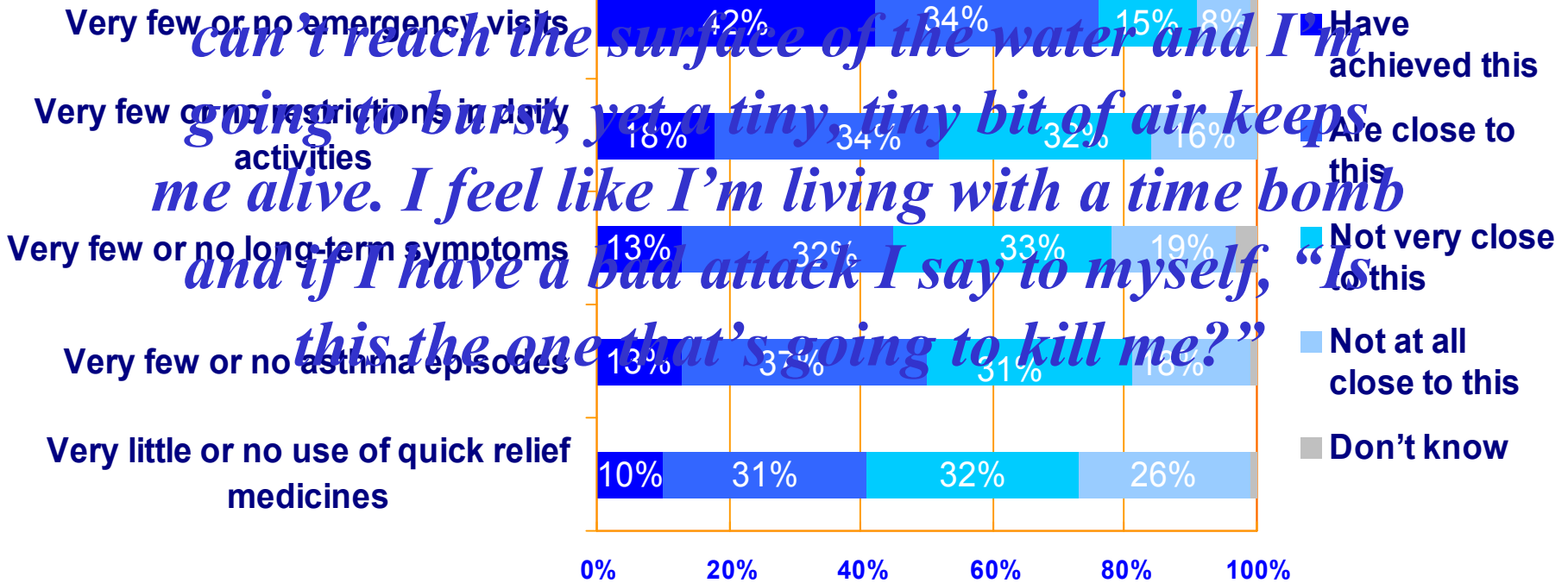
*can’t reach the surface of the water and I’m*

*going to burst, yet a tiny, tiny bit of air keeps*

*me alive. I feel like I’m living with a time bomb*

*and if I have a bad attack I say to myself, “Is*

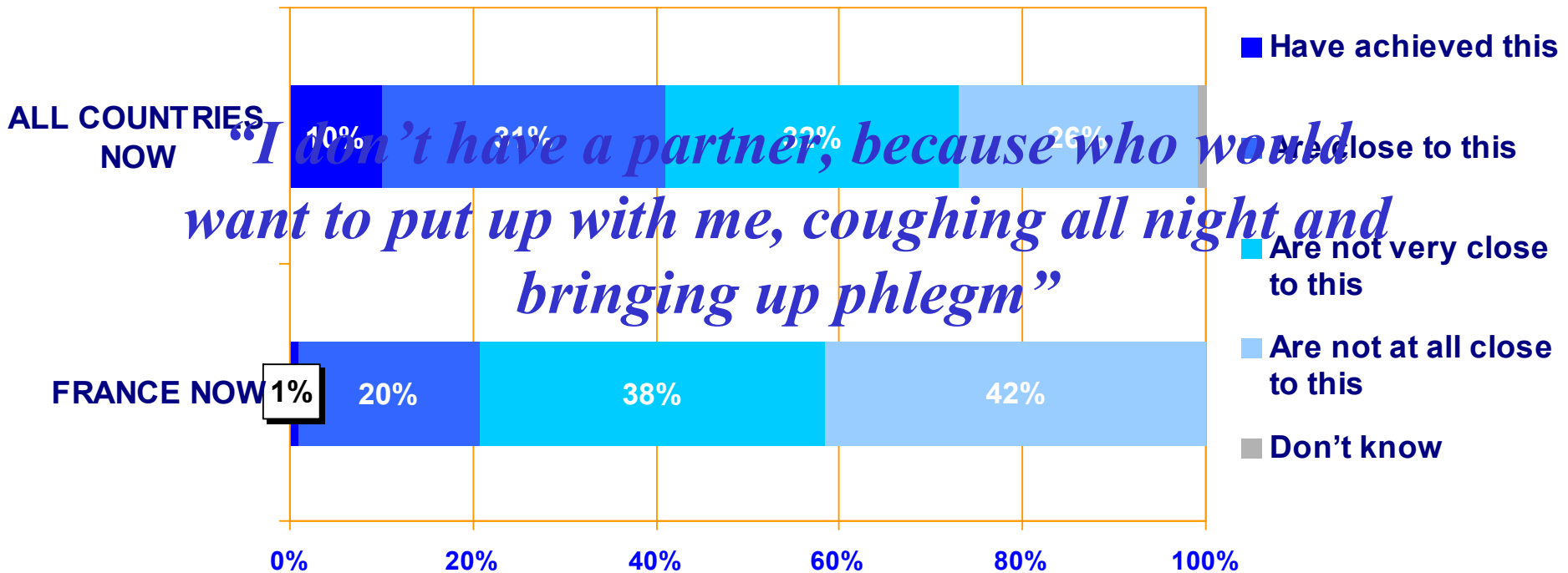
*this the one that’s going to kill me?”*





# Experience of asthma 2

Very little or no use of quick relief medicines:  
France



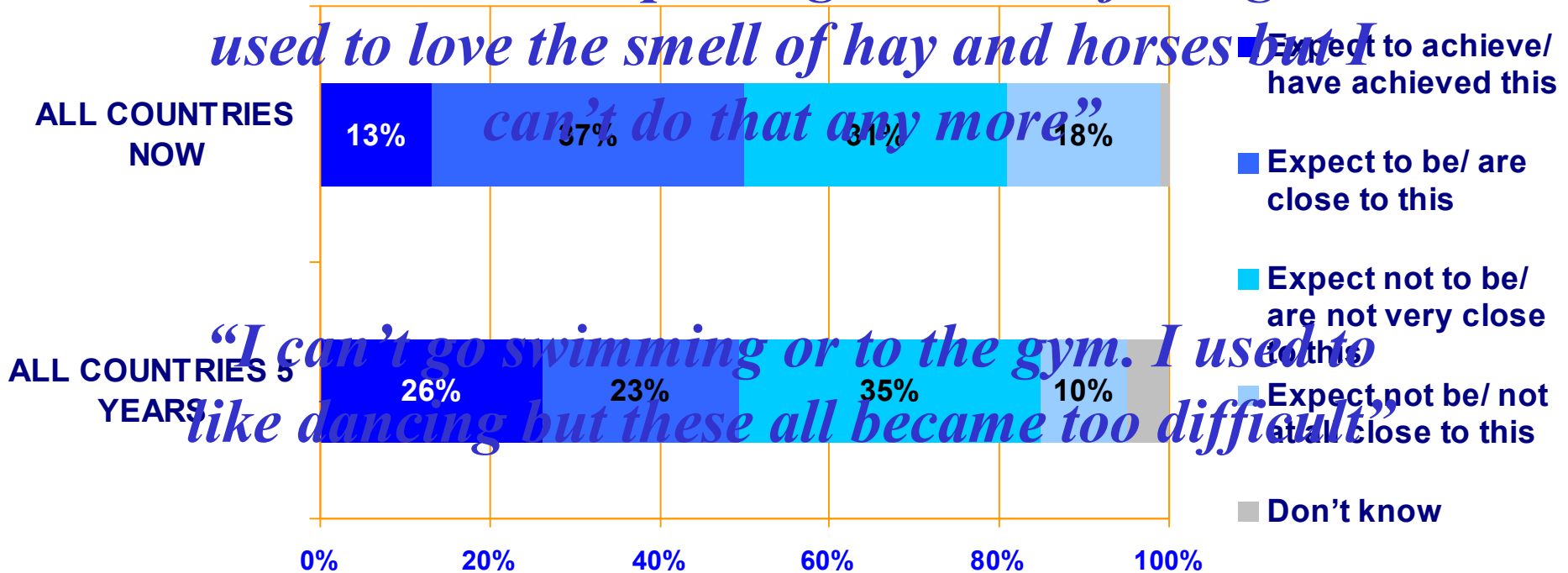


# Experience of asthma 3

Very few or no asthma episodes:

Now and 5 Years Time

*“You have to stop doing all sorts of things. I used to love the smell of hay and horses but I can’t do that any more”*

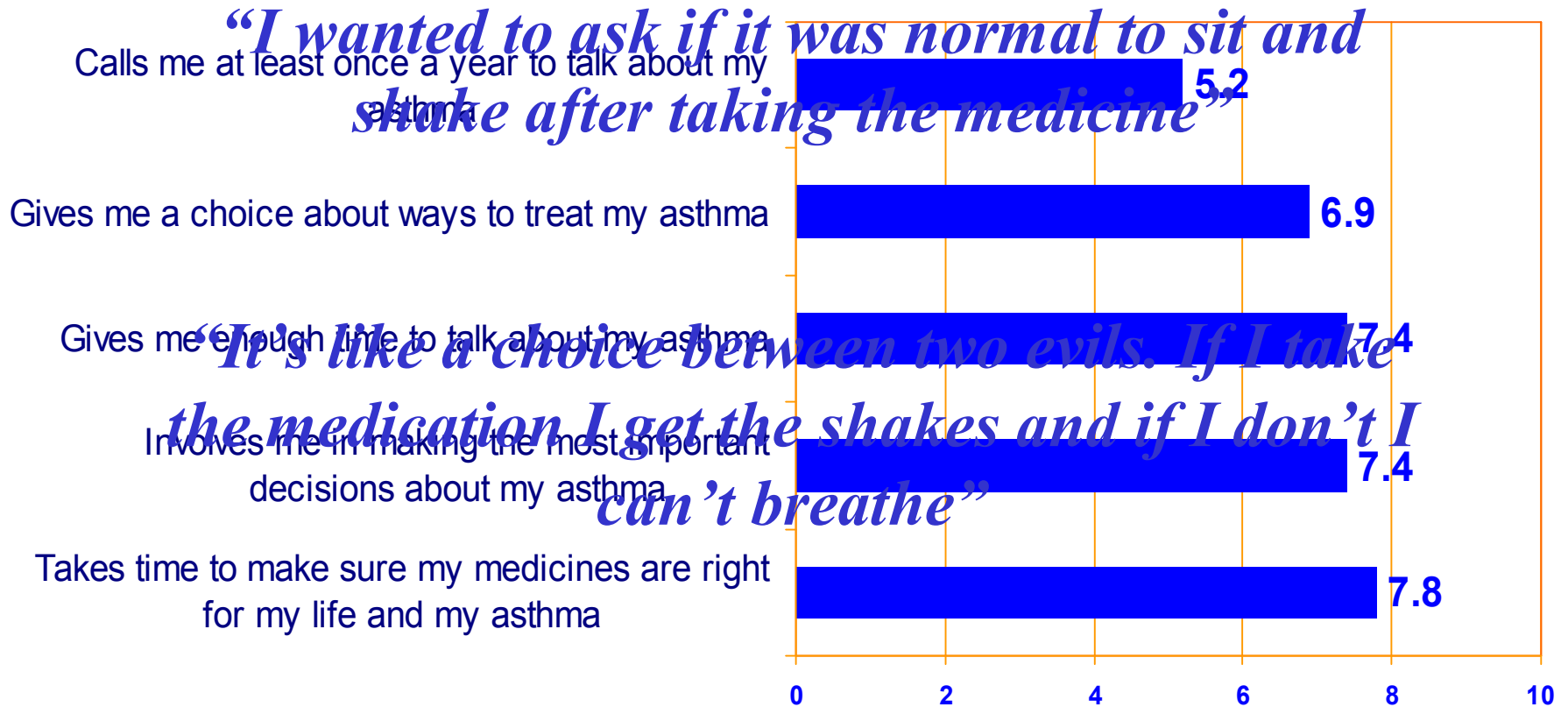


*“I can’t go swimming or to the gym. I used to like dancing but these all became too difficult”*



# Experience of care 1

## My asthma doctor/ nurse...



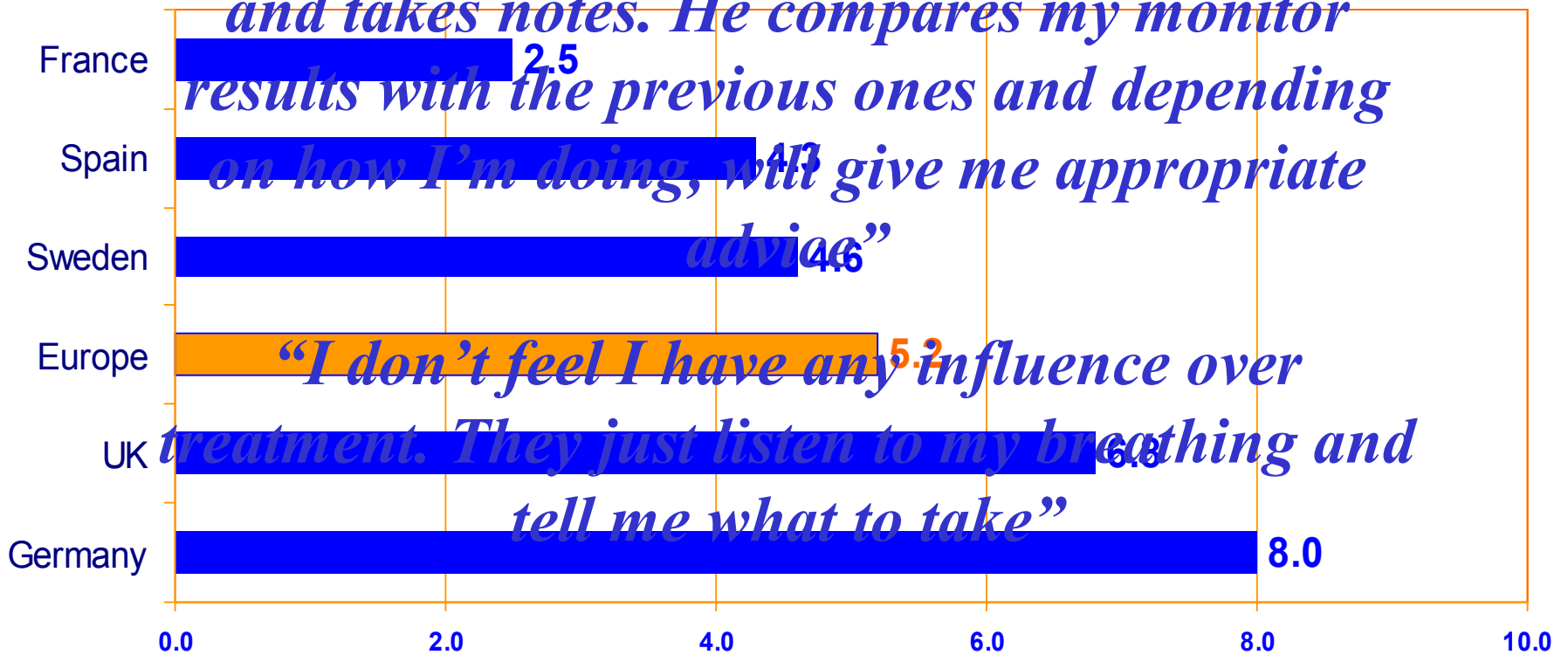




# Experience of care 2

My asthma doctor/nurse calls me at least once a year to talk about my asthma and takes notes. He compares my monitor

*“My doctor always asks me how I’m getting on and takes notes. He compares my monitor results with the previous ones and depending on how I’m doing, will give me appropriate advice”*



*“I don’t feel I have any influence over treatment. They just listen to my breathing and tell me what to take”*

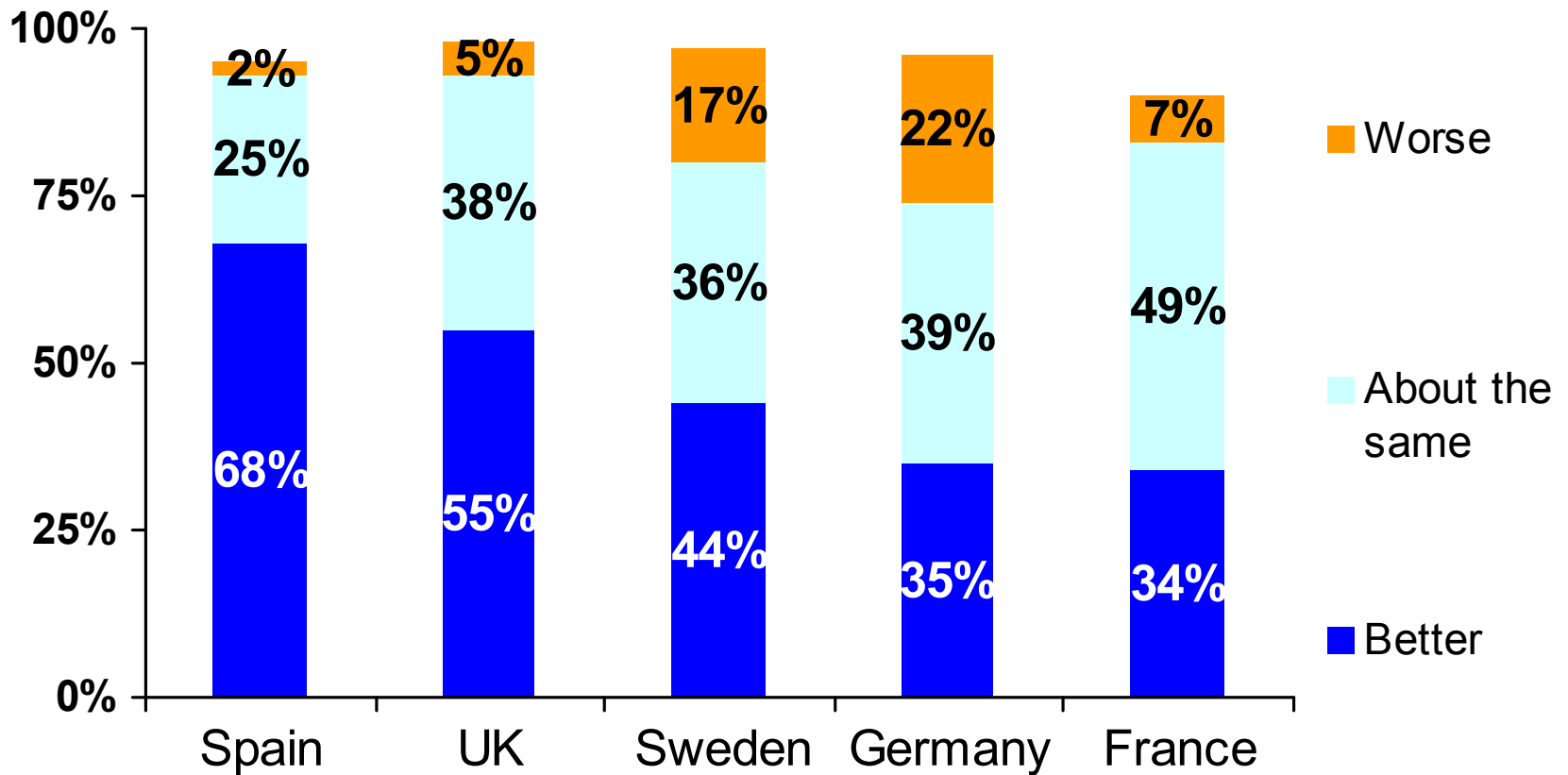


# The big differences

- *In Germany and Sweden, 1/5 expect asthma management to be worse in 5 years*
- **Annual treatment review is rare in France but common in Germany**
- *Only 1% of French participants achieve international treatment goals*



*In 5 years' time, do you think that the way asthma is looked after in your national health system will be ...*





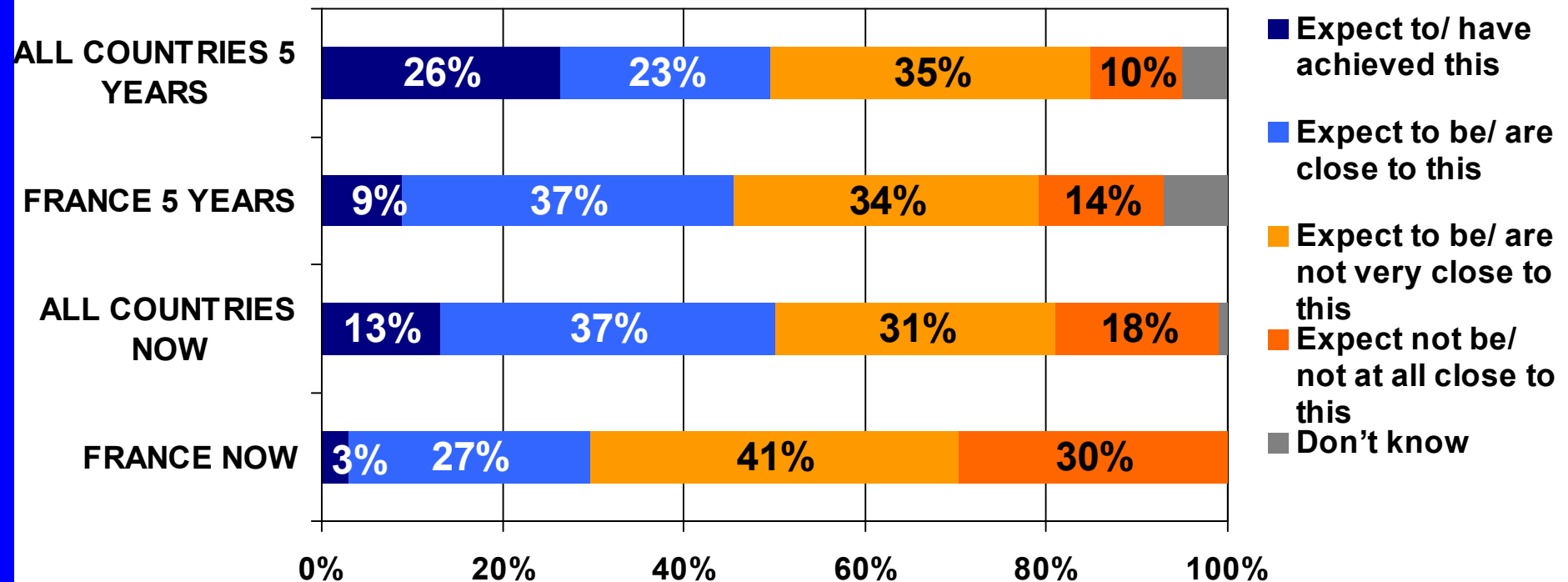
# France

- *Few French participants achieve international treatment goals*
- **French people with asthma expect only a modest improvement over the next 5 years**
- *French participants were least likely to anticipate improvements in the way asthma is managed by their national health care system*
- **1 in 10 French respondents expect to be free of symptoms in 5 years, less than half the European average**
- *French participants report higher than average use of emergency services, and unlike the rest of Europe, expect no improvement in the next 5 years*
- **French participants are much less likely to report annual reviews**



# France

## Very few or no asthma episodes France: Now and 5 Years Time





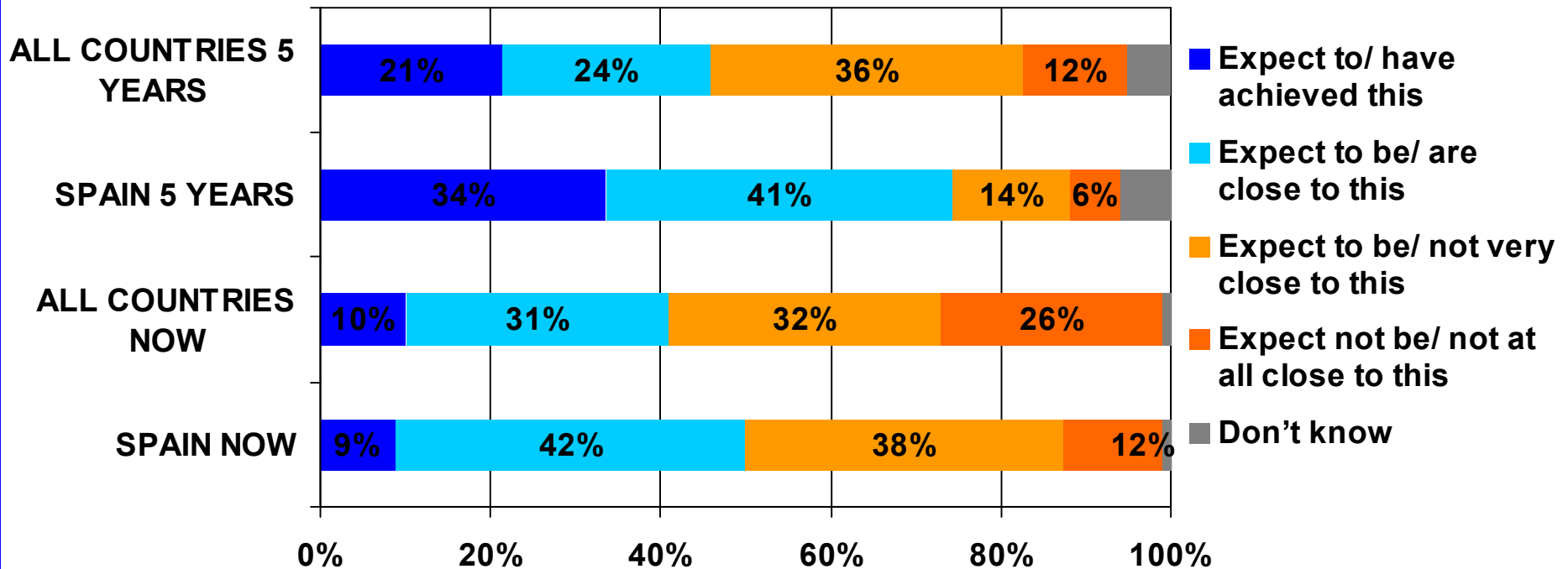
# Spain

- *Although Spanish respondents report more episodes than average now, they expect to beat the European average within 5 years*
- **7 out of 10 Spanish participants expect their healthcare system to deliver better asthma care in the future compared to only 1 in 50 who expect it to get worse**
- *4 in 5 Spanish respondents expect a better choice of asthma medicines within 5 years*
- **Spanish participants were more concerned than average by poor access to asthma specialists**



# Spain

## Very little or no use of quick relief medicines Spain: Now and 5 Years Time





# Germany

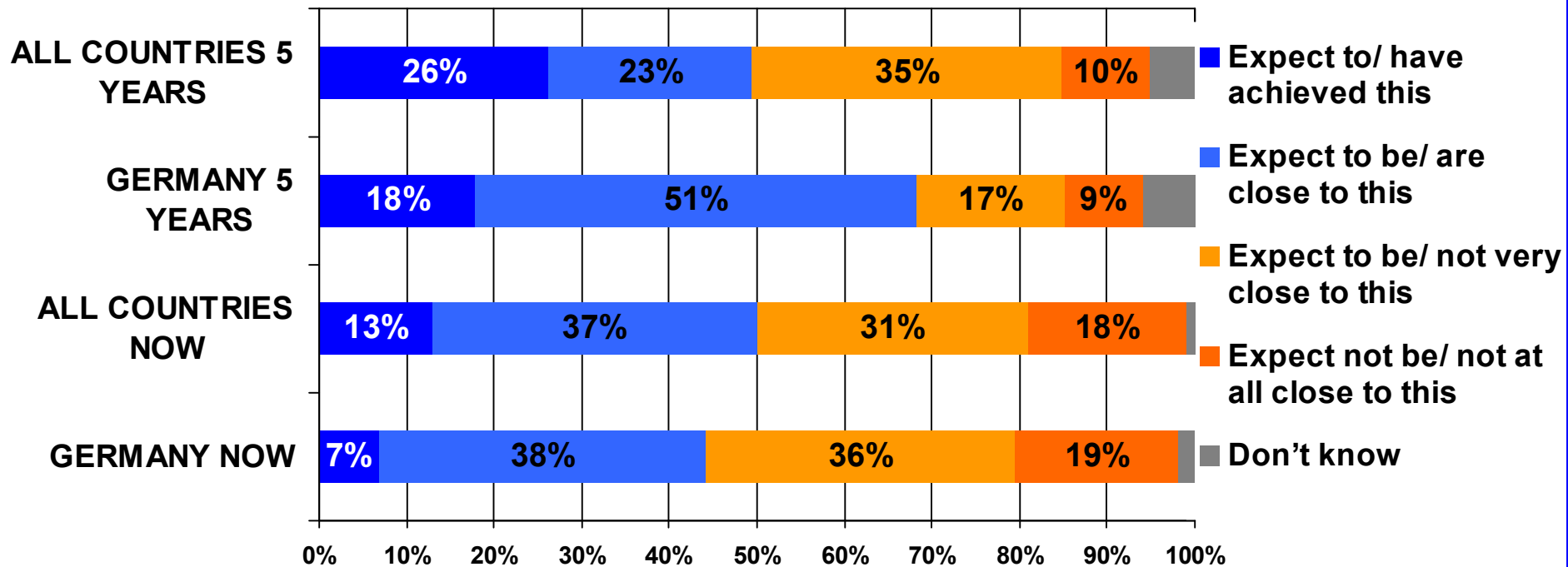
- *7% of German participants (half the European average) reported being free of asthma symptoms but 70% expect to achieve this goal or be close to it within 5 years*
- **Only 1 in 4 German participants currently achieve the goal of “no emergency visits”, the lowest score of the 5 countries studied**
- *1 German in 3 expects national asthma care to improve within 5 years but 1 in 4 expect it to get worse*
- **Half of Germans (48%) agree completely that they receive annual asthma reviews compared to 1 in 4 (24%) overall**





# Germany

## Very few or no asthma episodes Germany: Now and 5 Years Time





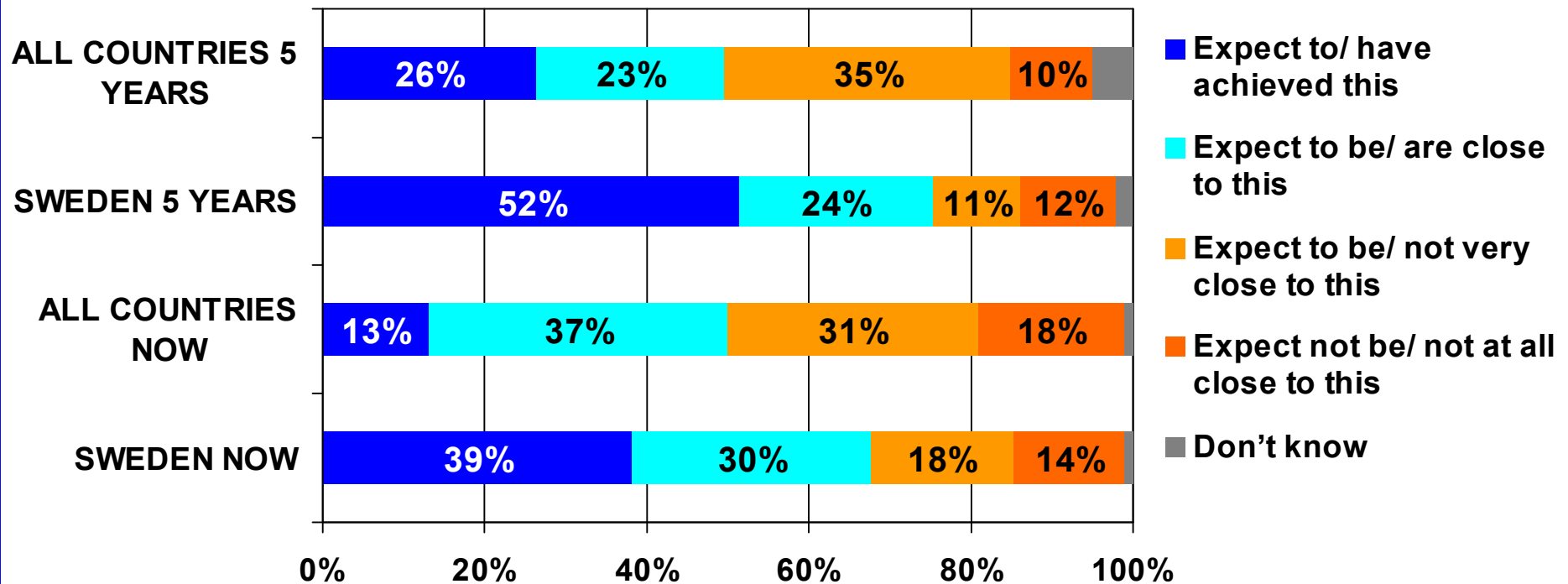
# Sweden

- *Sweden has some of the best treatment outcomes in the countries surveyed and Swedes with asthma expect further improvements*
- **2 out of 3 Swedes expect to achieve, or be close to achieving the goal of no long-term symptoms within the next 5 years**
- *Almost half (45%) of Swedes expect within 5 years to virtually eliminate restrictions in daily activities*
- **Free prescriptions are the most important asthma policy issue for Swedes with asthma**



# Sweden

## Very few or no asthma episodes Sweden: Now and 5 Years Time

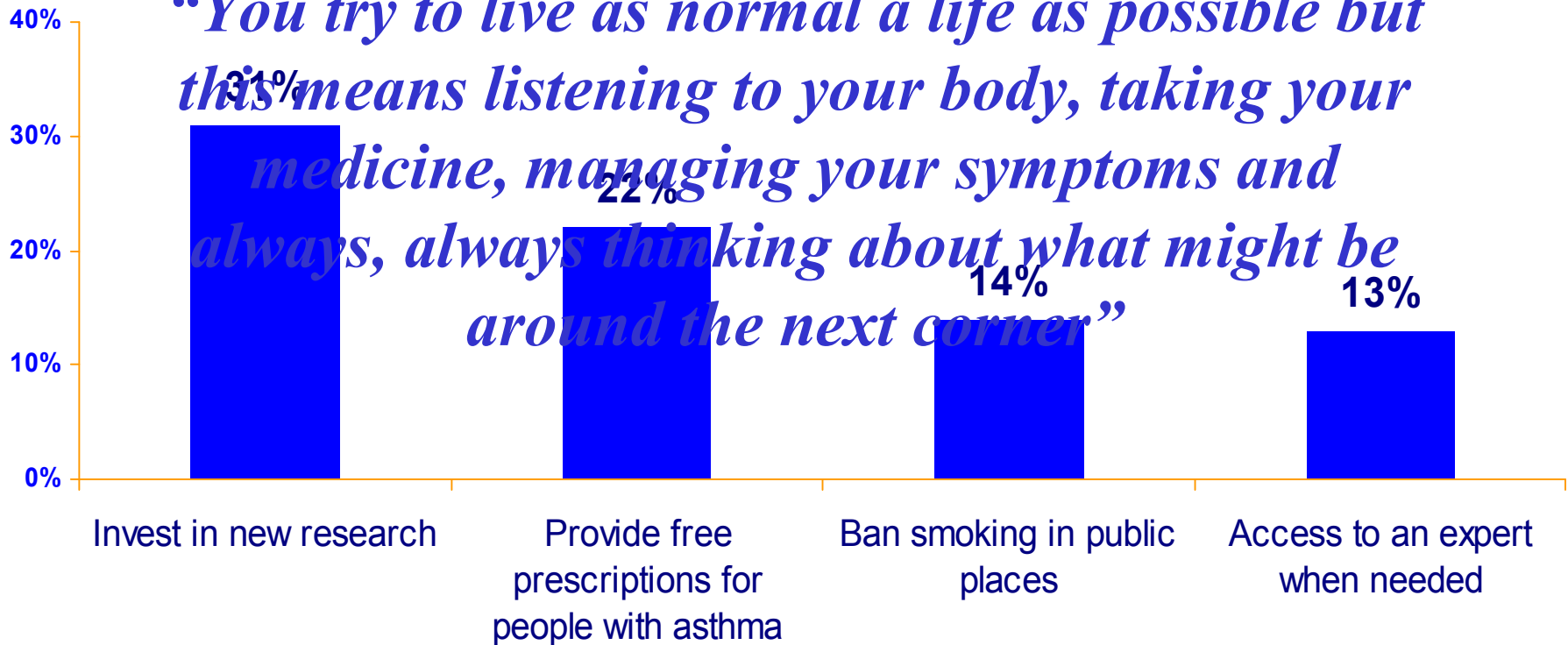




# Three wishes

If you could make your government do one thing for people with asthma...

*“You try to live as normal a life as possible but this means listening to your body, taking your medicine, managing your symptoms and always, always thinking about what might be around the next corner”*





# Thanks

- Asociacion Asmaticos Madrilenos
- Association Asthme & Allergies
- Asthma och Allergiforbundet
- Asthma UK
- Deutscher Allergie und Asthmabund
- NOP Europe for managing the European fieldwork
- Novartis for providing an educational grant