

ADHERENCE TO INHALERS AND EFFECTIVENESS OF BIOLOGICS IN SEVERE UNCONTROLLED ASTHMA

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BACKGROUND AND IMPORTANCE

Severe uncontrolled asthma (SUA) significantly impairs quality of life and increases healthcare resource use. Assessing adherence to inhaled therapy through the **Test of Adherence to Inhalers (TAI)** and **dispensing data** is essential before initiating biologic therapy, as adherence ensures treatment effectiveness.

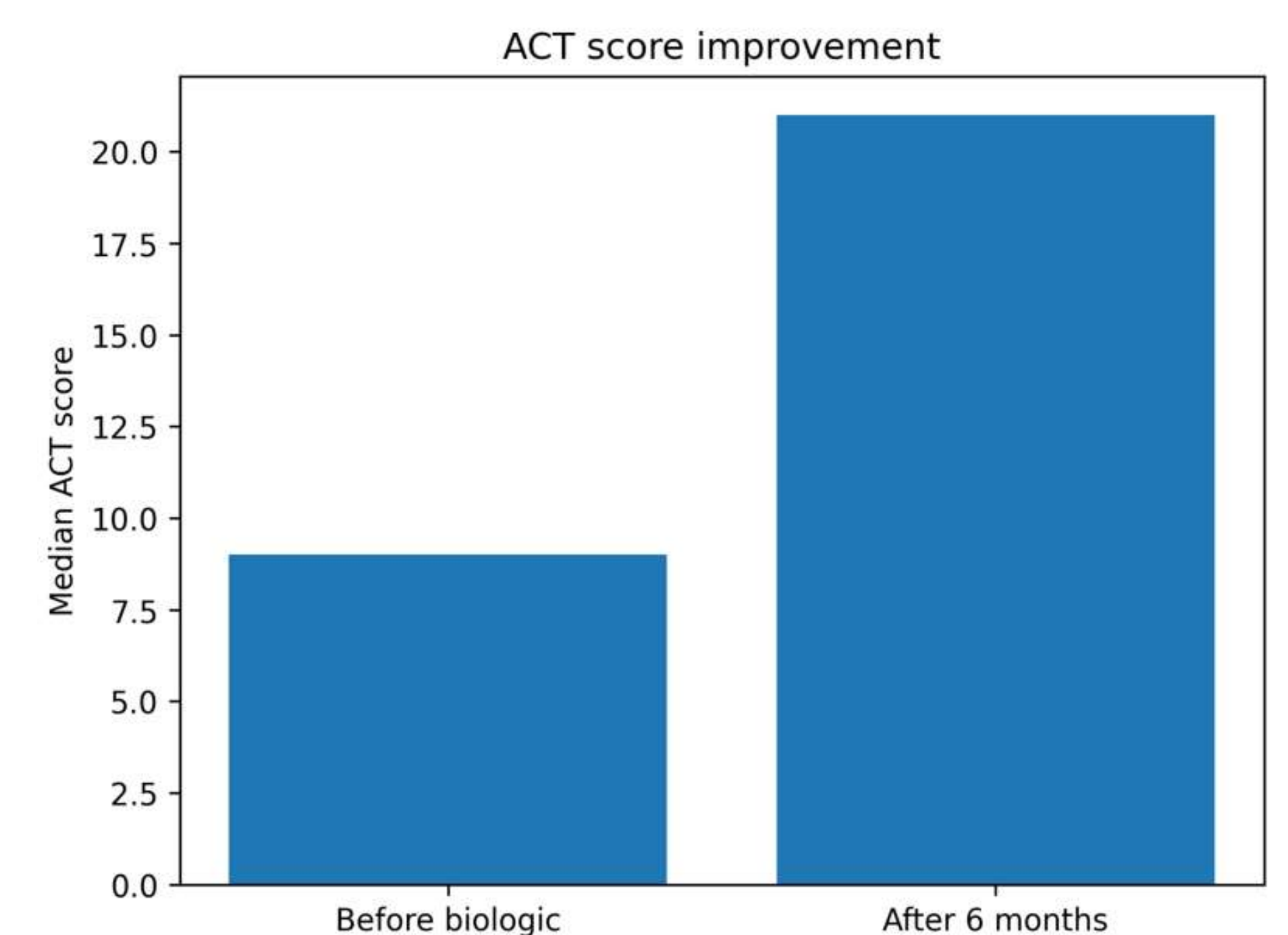
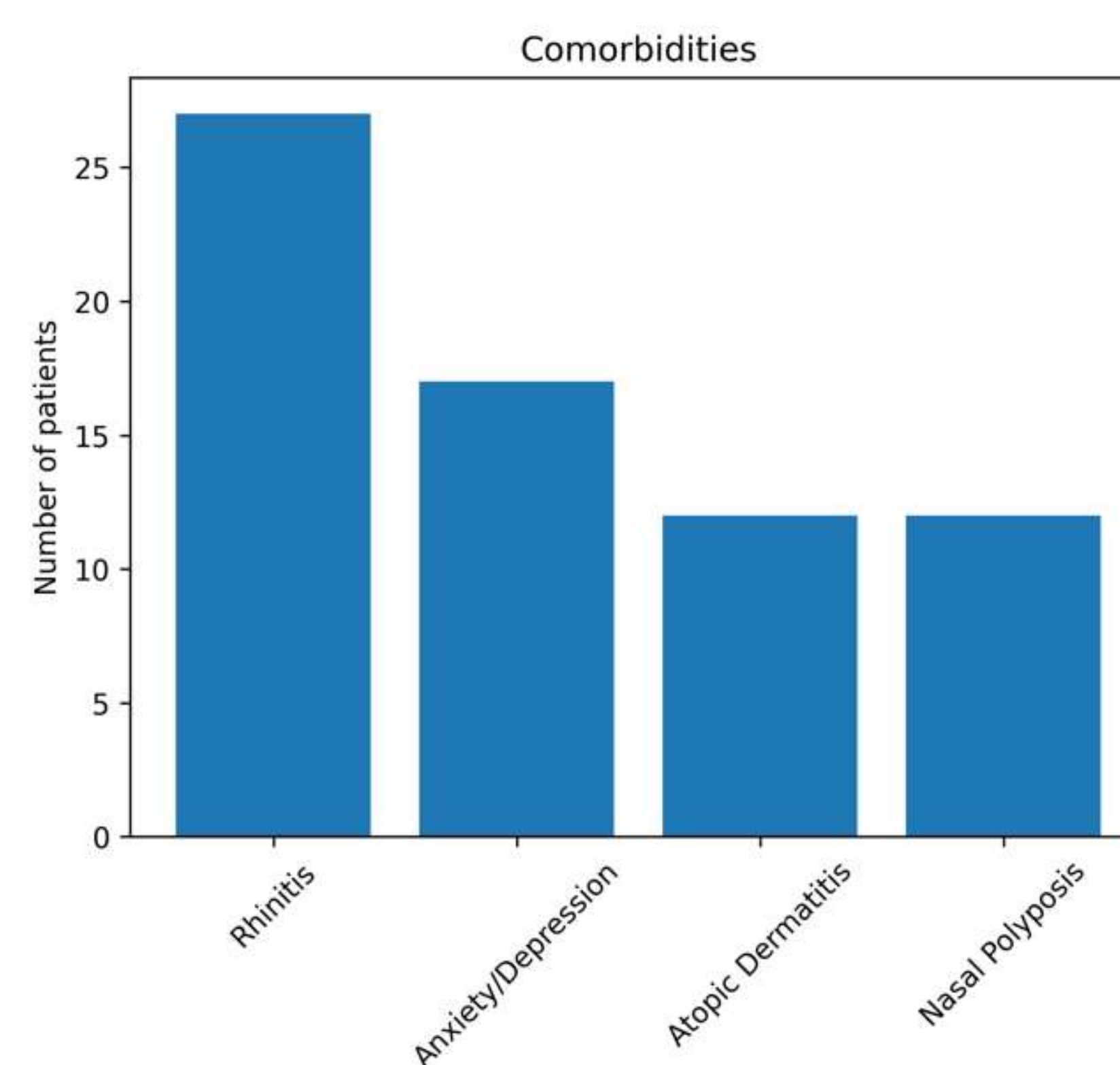
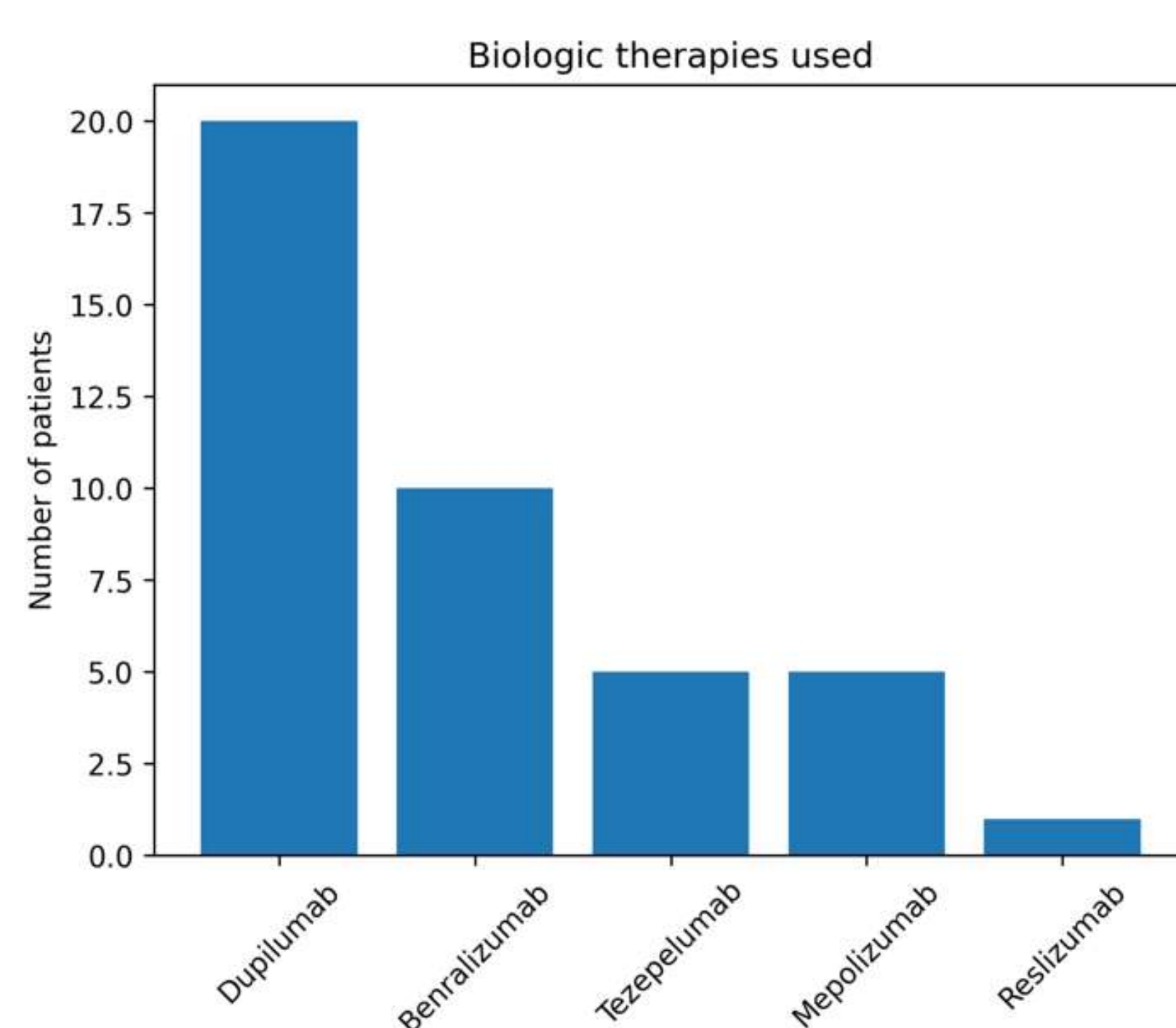
AIM AND OBJECTIVES

To evaluate adherence to inhaled therapy and the effectiveness of biologic treatment in adult patients with SUA.

RESULTS

PATIENTS

A total of **41 patients** were included (mean age 60 ± 15 years; 63.4% female).



ADHERENCE

Median inhaler adherence based on **dispensing records was 83.3%** (IQR 66.6–100%). Mean **TAI score was 52.1 ± 3.5** , indicating good overall adherence.

CONCLUSION AND RELEVANCE

In patients with SUA, adherence to inhaled therapy was intermediate to high according to both TAI scores and dispensing data. The introduction of biologics was associated with improved asthma control and lung function. These findings highlight the importance of assessing adherence before initiating biologics and support their effectiveness in real-world clinical practice.



MATERIAL AND METHODS



- A **retrospective observational study** in adult patients diagnosed with SUA who started funded biologic therapies between **March 2022 and April 2025**.

- Variables included** age, sex, asthma type, comorbidities, biologic treatment, TAI score and percentage of inhalers dispensed during the six months prior to biologic initiation.



- Effectiveness variables:** Asthma Control Test (ACT), forced vital capacity (FVC), forced expiratory volume in one second (FEV₁), and FEV₁/FVC ratio, measured six months before and after treatment initiation.