

For the Patient

The full report is titled: "Impact of patient satisfaction with inhaler on adherence and asthma control." It is in the Nov–Dec 2018 issue of *Allergy Asthma Proceedings* (volume 39, pages 437–444). The authors are Vicente Plaza, Jordi Giner, Myriam Calle, Paula Ryttilä, Carlos Campo, Paula Ribó, and Antonio Valero.

For the Patient is provided to physicians so that the patients can better understand the language of modern medicine.

For the Patient is written by the editors (Bellanti, JA, and Settignano, RA) and provided to practitioners so that patients can better understand the usefulness of new information that results from medical research.

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Patient satisfaction, inhaler use, adherence, and asthma control

In medicine, compliance (synonymous with adherence) refers to the degree to which a patient correctly follows medical advice. In asthma treatment, this may refer to the degree to which a patient correctly uses a medical device such as an inhaler. Patient adherence to medical regimens is a major challenge in chronic disease management and, in the case of adherence to asthma medications, tends to be very poor, with reported rates of nonadherence that range from 30 to 70%. A number of medicine-related factors are associated with nonadherence and include difficulties with inhaler devices, complex regimens, adverse effects, cost of medication, dislike of the medication, and distant pharmacies as well as factors unrelated to medications, which include misunderstanding or lack of instruction, fears about adverse effects, and other concerns. Although asthma guidelines for health care professionals recommend considering patient preferences for inhaler choice, few studies have assessed the impact on adherence and health outcomes of patient satisfaction with an inhaler. In a recent report, Plaza and colleagues from the Department of Respiratory Medicine, Hospital de la Santa Creu i Sant Pau, Universitat Autònoma de Barcelona (Barcelona, Spain) assessed the impact on adherence and health outcomes in asthma of patient satisfaction with inhaler use.

Who or What Was Proposed to Be Studied?

A total of 778 patients with moderate or severe asthma and who were treated with maintenance inhalers completed a number of asthma-related questionnaires.

How Was the Study Done?

Patients received the following questionnaires: the Feeling of Satisfaction with Inhaler questionnaire, the Treatment Satisfaction Questionnaire for Medication, the Test of Adherence to Inhalers, the Morisky-Green questionnaire, and the Asthma Control Test.

What Are the Limitations of the Proposed Study?

The report was subjected to limitations and variability inherent with a questionnaire-based multicenter study.

What Are the Implications of the Study?

The study population was categorized according to a median Feeling of Satisfaction with Inhaler questionnaire score as high (49.4%) and low (50.6%) satisfaction with their inhaler. Statistical analysis showed that high specific satisfaction with inhaler use was associated with the younger age group, male gender, controlled asthma (Asthma Control Test score of ≥ 20), high general satisfaction with treatment, high adherence to their inhaler (Test of Adherence to Inhalers score of ≥ 46), nonsevere asthma, and with no issues with inhaler use. The investigators concluded that high patient satisfaction with their inhaler, irrespective of medication, was related to good adherence and asthma control. They pointed out the relationship of patient satisfaction with satisfaction in inhaler choice and use, findings that could provide a useful marker for designing new strategies targeted to increase adherence in patients with asthma. □