

Management of Patients with Severe Asthma and with Chronic Rhinosinusitis with Nasal Polyps. Patients and Doctors' Perceptions about treatment, long term adherence and Quality of Life (QoL)

Loukidis Stelios¹, Constantinidis Jannis², Makris Michael³, Glynos Constantinos⁴, Pastra Maria⁵, Stamatopoulou Vasiliki⁴, Yfantopoulos John⁶

1. Attikon University Hospital, National and Kapodistrian University of Athens Medical School, Athens, Greece. 2. 1st Academic ENT Department, Aristotle University of Thessaloniki, AHEPA Hospital, Thessaloniki, Greece. 3. Allergy Unit, 2nd Department of Dermatology and Venerology, National and Kapodistrian University of Athens, University General Hospital "Attikon", Athens, Greece. 4. GSK Medical Department, Athens, Greece. 5. GSK Gov Affairs and Market Access, Athens, Greece. 6. IPOKE Research Institute, MBA National and Kapodistrian University of Athens, Athens, Greece.

ABSTRACT

Background

Adherence to treatment is directly associated with improved clinical outcomes, higher health-related quality of life (HRQoL) and lower health costs across many chronic diseases of upper and lower airways. Several studies across Europe have indicated that early diagnosis, adherence to prescriptions and successful treatments have contributed to the increase in European citizens' life expectancy and quality of life. This study aims to examine a) the patients' and doctors' perceptions of long-term adherence to innovative treatments in relation to severe asthma and chronic rhinosinusitis with nasal polyps, and b) the beliefs and attitudes of doctors and patients concerning treatment-related factors contributing to patients' quality of life. This study is highly significant for Greece's healthcare system and patients because it directly addresses the critical challenges of managing severe asthma (SA) and chronic rhinosinusitis with nasal polyps (CRSwNP), especially with the introduction of innovative treatments such as biological therapies. Its significance stems from the need to optimize treatment outcomes, manage healthcare costs, and improve patient quality of life in the above chronic conditions.

Methods: In a multi-center, cross-sectional, non-interventional study, doctors and outpatients with the above diseases will be recruited using a consecutive sampling method in Greece. The study design is based on structured questionnaires addressed to doctors and their patients to investigate the degree of convergence or divergence in their attitudes towards treatment management and its impact on adherence and quality of life. *Information will be collected on:* i) sociodemographic, ii) disease history (e.g. year of diagnosis, year of symptoms' onset, type of disease, most relevant comorbidities), iii) treatment pattern related information, iv) resource utilization (inpatient and outpatient care, diagnostic and laboratory tests, medication, early retirement information and home help care), v) drug adherence behavior with dedicated questions on innovative treatments, vi) patient-doctor communication parameters and vii) self-assessed Quality of life questionnaires (HRQoL) (SAQ, Severe Asthma Questionnaire, NOSE, SNOT22 and EQ-5D-5L).

Conclusions: The findings and the conclusions of this study are intended for the use of doctors, policy makers and healthcare managers seeking to improve better communication between doctors and patients as well as the performance, the clinical effectiveness and the economic efficiency of the Greek Health System.

CONTACT

Yfantopoulos John
IPOKE Research Institute, MBA National and Kapodistrian University of Athens, Athens, Greece.
Email: yfantopoulos@gmail.com

INTRODUCTION

Background

Adherence to treatment is directly associated with improved clinical outcomes, higher health-related quality of life (HRQoL) and lower health costs across many chronic diseases of upper and lower airways. Several studies across Europe have indicated that early diagnosis, adherence to prescriptions and successful treatments have contributed to the increase in European citizens' life expectancy and quality of life.

Objectives

- 1) Examine the patients' and doctors' perceptions of long-term adherence to innovative biological treatments in relation to Severe Asthma and Chronic Rhinosinusitis with Nasal Polyps.
- 2) Investigate the beliefs and attitudes of doctors and patients concerning treatment-related factors contributing to patients' quality of life.

Methodology

In a multi-center, cross-sectional, non-interventional study, doctors and outpatients with the above diseases will be recruited using a consecutive sampling method in Greece. The study is grounded on real-world evidence.

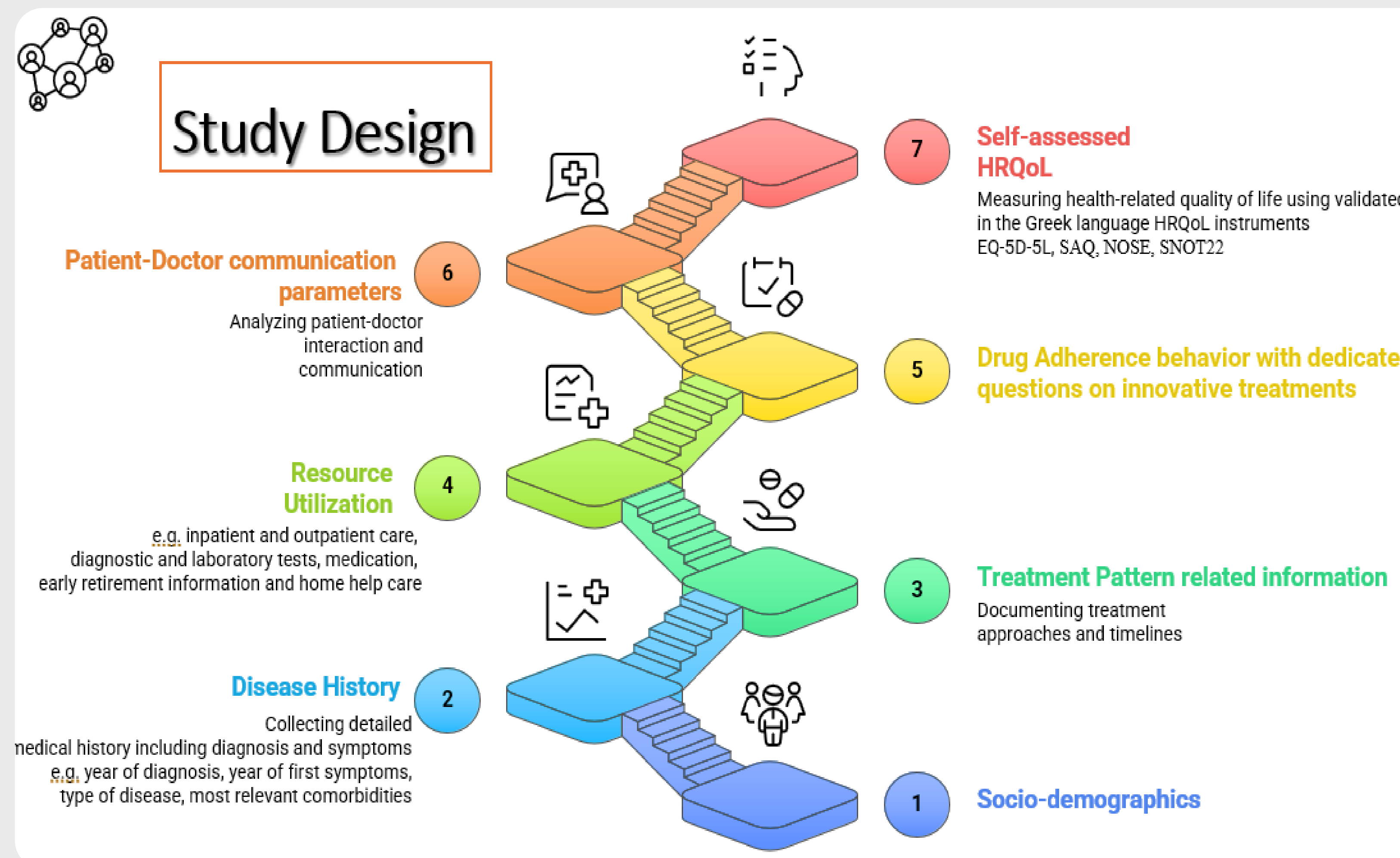


Figure 1. Study Design

STUDY DESIGN

The study design is based on structured questionnaires addressed to 100 doctors and their 500 patients to investigate the degree of convergence or divergence in their attitudes towards treatment management and its impact on adherence and quality of life.

Information will be collected on:

- i) sociodemographic,
- ii) disease history (e.g. year of diagnosis, year of symptoms' onset, type of disease, most relevant comorbidities),
- iii) treatment pattern related information,
- iv) resource utilization,
- v) drug adherence behavior,
- vi) patient-doctor communication parameters and
- vii) self-assessed Quality of life questionnaires (HRQoL) (SAQ, Severe Asthma Questionnaire, NOSE, SNOT22 and EQ-5D-5L).

INCLUSION & EXCLUSION CRITERIA

Doctors

Inclusion Criteria : Private sector, Pulmonologists or Allergists or ENTs, Experience with asthma patients (>5yrs in profession) or Experience with CRSwNP (>5yrs in profession).

Exclusion Criteria : Governmental officials or holding a position in any of the regulatory bodies/ decision making committees within the public healthcare sector.

Patients

Inclusion Criteria : 18 years or older, diagnosed with SA and treated for >2yrs or diagnosed with CRSwNP and treated for >1yr.

Exclusion Criteria : Pregnant women, patients not mentally capable of comprehending and answering the survey questionnaire, patients not able or not willing to provide written consent, patients with an acute life-threatening condition.

DISCUSSION

Multidisciplinary Management

The need for harmonized multidisciplinary management between pulmonologists, allergists, and ENT specialists was agreed on the recent pan-European Expert Consensus initiative under the OverSEA study.(2) They emphasized the use of harmonized protocols and Real-World Data for effective clinical management diagnosis and patient centered treatment decisions.

CONCLUSIONS

This study's findings and conclusions are directed toward doctors, policymakers, and healthcare managers seeking to improve doctor-patient communication and strengthen the performance and economic efficiency of the Greek Health System.

REFERENCES

- (1) Chantzaras A, Yfantopoulos J. (2025) Determinants of medication adherence in patients with diabetes, hypertension, and hyperlipidemia. Multicenter Study HORMONES 2025 Jun; 24(2):443-459. PMID: 39971883 PMCID: PMC12339649 DOI: 10.1007/s42000-025-00631-9
- (2) Bachert C et al (2025) Consensus from European experts on severe eosinophilic asthma and chronic rhinosinusitis with nasal polyps: Results from the OverSEA Delphi study J Allergy Clin Immunol Glob . 2025 Jul 3;4(4):100529. doi: 10.1016/j.jacig.2025.100529

This study has been funded by GSK.