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Severe asthma is a chronic disease that can significantly limit patients' quality of life and requires specialized management. The introduction of multidisciplinary care programs has shown promise in improving outcomes for these patients. This study evaluates the incidence of clinical remission of severe asthma in a group of patients treated at a specialized clinic in Colombia, aiming to show the results of interventions provided by a team of healthcare professionals.

## Objective

To evaluate the incidence of clinical remission of severe asthma in patients attended by a multidisciplinary team composed of a pulmonologist, allergist, respiratory therapist, pharmaceutical chemist, psychologist, and nutritionist, at a specialized outpatient clinic in Colombia.

## Method

Retrospective observational study conducted from July 2019 to July 2023, based on the follow-up of patients with severe asthma and the evaluation of clinical parameters of remission of the disease after one year of admission to the program.

Univariate analysis was performed, with measures of central tendency, and relative and cumulative frequencies. The statistical package R Core Team Version 4.2 (2022) was used.

## Results

- 358 patients were evaluated with a mean age of 54 years (SD 17), 78.2% women.
- 50.3% of cases began in childhood, mainly with a diagnosis of mixed asthma 43%, eosinophilic/unspecified asthma 32.1% and allergic asthma 24.9%.
- At 1-year follow-up, 81.3% were seizure-free, 70.4% achieved an ACT  $\geq 20$ , and 47.2% a FEV1% pre  $\geq 80\%$ .
- Clinical remission was considered when all three analysis criteria were achieved in 86 patients (24%).
- Of this follow-up group, 37 patients (43%) were on biologic therapy.

## Conclusion

Clinical remission of severe asthma is possible with specialized multidisciplinary management. At our center 1 out of 4 patients achieved clinical remission of asthma, most of the patients even without biologic therapy (only long-term inhaled therapy).

**Conflict of interest:** none.