

Abstract Presentations

1. Christopher Mulvey, Ireland

Patient selected goals in asthma: the relationship between physician and patient desired outcomes, the evidence behind them and how to apply them

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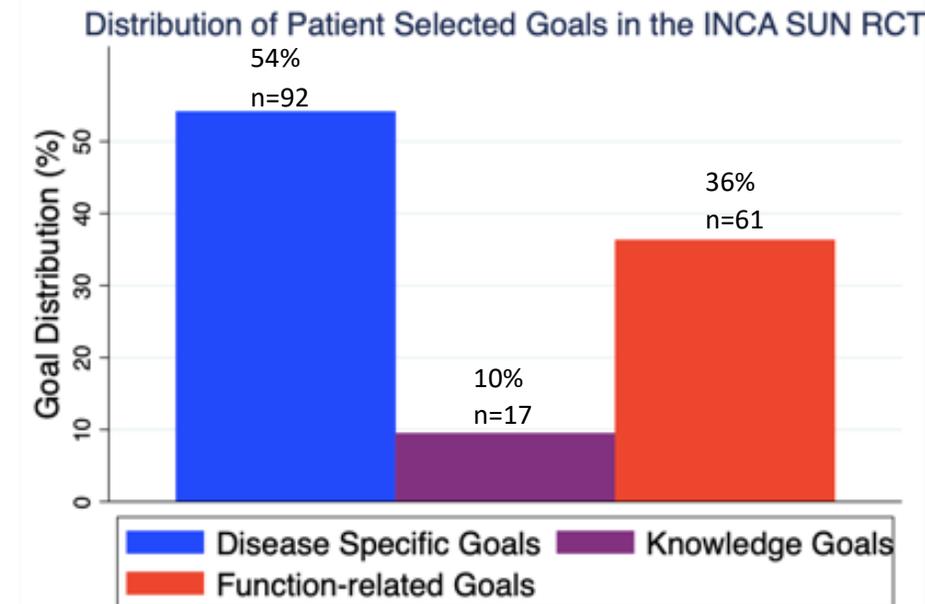
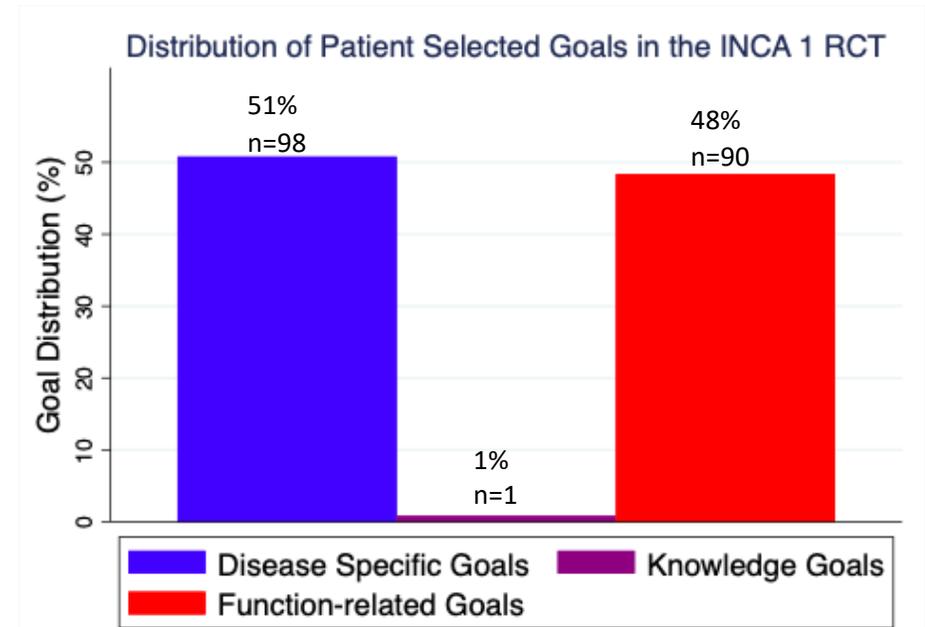
Enquiring after patients' personal goals is recommended but rarely practiced

- The GINA management strategy states that clinicians should elicit the patient's own treatment goals as a central part of care
- What is goal-orientated healthcare?
- Benefits
- Consequences
- Our hypothesis: patient-selected goals that align with clinician treatment goals were more likely be associated with higher rates of adherence and more likely to be achieved

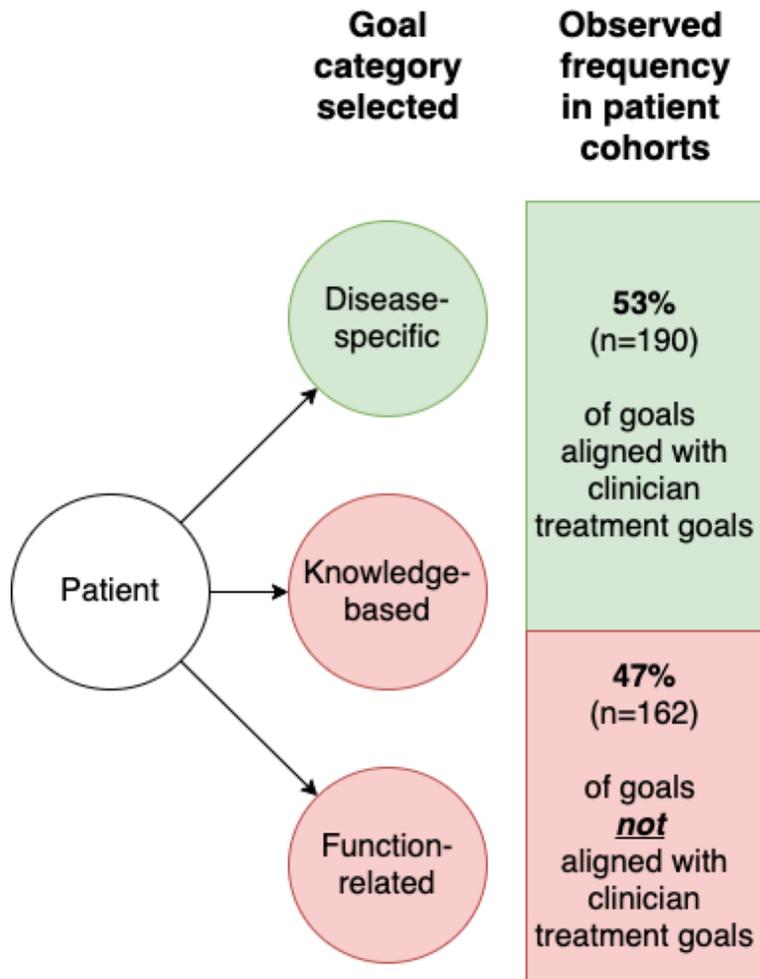
What did we do?

- Two adherence RCTs (n=218 & n=220) in which goals were recorded
- Goals were categorised using thematic analysis
- Two goal categories previously undescribed in the literature identified

Examples of Patient Goals	Goal Category
“To reduce steroids taken per year”	Disease-specific
“Be able to get a good night’s sleep”	Disease-specific
“To learn more about asthma”	Knowledge
“To understand more about asthma”	Knowledge
“To get back to boxing training”	Function-related
“To swim further”	Function-related



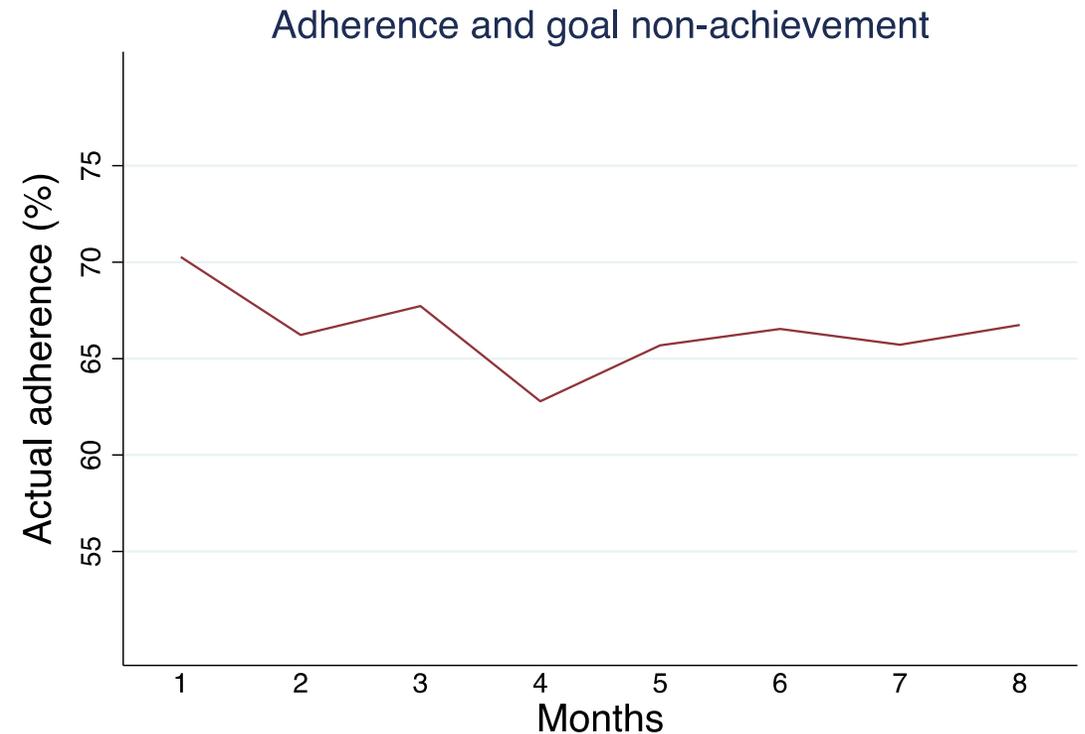
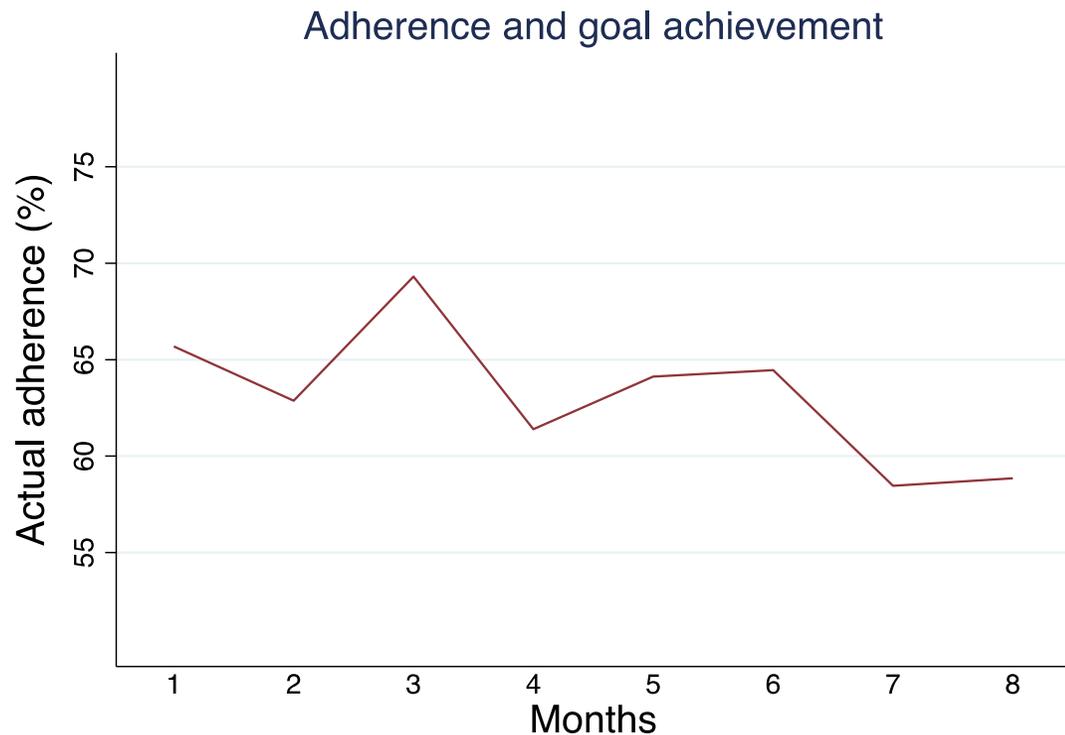
Clinician aligned goals were more likely to be achieved



Goal achievement	Odds ratio	95% C.I.
(n=98)		
Presence of clinician aligned goal	1.789	1.066 – 3.001
(n=99)		
Presence of T2 high asthma	1.908	1.049 – 3.471

Adherence rates reduce in goal achievers

- It was noted that once patients had achieved their goals, treatment adherence (both attempted & actual adherence) significantly reduced (n=105, coefficient -0.352, 95% confidence interval -1.191 – 0.486)



Conclusion

- Only half of goals selected by patients with severe asthma align with what a clinician may consider to be a reasonable expectation of asthma treatment
- Two additional treatment goal categories were reported, which were previously lacking in the literature, and may be used by clinicians while developing treatment strategies
- Patients who reported disease-specific goals were more likely to achieve both control and their own selected goal
- Once their goals were achieved, patients' adherence to their preventer treatment started to decline. A novel cause for poor adherence – patient perceived recovery

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