Defining a severe asthma super-responder: findings from a Delphi process

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Rationale

• Clinicians are increasingly recognising severe asthma patients in whom biologicals and other add on therapies lead to dramatic improvement often referred to as ‘super-responders’.

• Currently, there is no agreed super-responder definition.

Methods

• A modified Delphi process (Figure 1) was used to reach an international consensus based definition of a severe asthma ‘super-responder’.1

• Consensus on individual items required at least 70% agreement by panel members.

• The panel consisted of 115 participants (89% specialist pulmonologists or allergists) from 27 countries including of whom 81 participants (94% specialist pulmonologists or allergists) from 24 countries in three Delphi rounds.

Results: The super-responder definition

Improvement should involve 3 or more criteria (at least 2 of which should be major criteria) and should be assessed over 12 months.

<table>
<thead>
<tr>
<th>Major Criteria</th>
<th>Minor Criteria</th>
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<td>Exacerbation elimination</td>
<td>75% exacerbation reduction</td>
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<tr>
<td>Large improvement in asthma control (≥ 2x the minimal clinically important difference)</td>
<td>Well controlled asthma</td>
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<td>Cessation of maintenance oral steroids (or weaning to adrenal insufficiency)</td>
<td>≥ 500mL improvement in FEV1</td>
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Conclusions

This international consensus-based definition of severe asthma super-responders is an important prerequisite for better understanding of super-responders – their prevalence, predictive factors and the mechanisms involved.

Further research is needed to understand the patient perspective and more precisely measure quality of life in super-responders.

References


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To view members of the Delphi panel, download this poster, view more information on both the methodology and results scan this QR Code.