

Treatable Traits

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A model of care designed to address the heterogeneity of chronic airway diseases, such as COPD and asthma



Involves a multidimensional assessment that deconstructs airway diseases into "traits" and applies individualised management according to the identified traits



Treatable traits are phenotypic or endotypic characteristics which can be assessed and targeted with treatment



What is the evidence?



Improved health related quality of life in people with asthma and COPD

Improved asthma control



Reduction in exacerbations and healthcare use

Common traits include



Airflow Limitation



Airway Inflammation



Mucus Hypersecretion



Activity Limitation



Gastroesophageal Reflux Disease



Obesity



Vocal Cord Dysfunction



Anxiety/Depression



Breathing Pattern Disorder



Systemic Inflammation



Non Adherence



Self Management Skills

What is a trait?

The 3 key elements of a treatable trait:

1. Clinically relevant
2. Identifiable and measurable
3. Treatable

Traits are recognised within pulmonary, extrapulmonary and behavioural/risk-factor domains



Pulmonary



Extrapulmonary



Risk-factor / behavioural



Clinically relevant



Identifiable and measured



Treatable