Treatable Traits

Treatable Traits

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