

Oral corticosteroids stewardship for asthma in adults and adolescents

A position paper from the Thoracic Society of Australia and New Zealand

What is the problem?

Oral corticosteroids (OCS) are an effective treatment for acute and chronic severe asthma. However the indiscriminate use of OCS poses a risk of serious side effects and irreversible harm.

What should we do about it?

There is an urgent need to introduce OCS stewardship approaches. Stewardship approaches have been effective in the appropriate use of antibiotics.

What did we do?

The Thoracic Society of Australia and New Zealand position paper involves a review of current knowledge related to OCS use in asthma, and proposes principles for OCS stewardship to guide asthma management and reduce harm.

Who should read this



Healthcare clinicians



Consumers



Policy makers



Researchers

Highlighted recommendations for reducing OCS use



Focus on improving inhaler technique, adherence and optimising treatment



Consider biologic agents in patients with uncontrolled asthma as a priority



Identify and manage comorbidities and risk factors including smoking cessation



Place restrictions on the way OCS are prescribed

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Blakey J, Chung LP, McDonald VM, Ruane L, Gornall J, Barton C, Bosnic-Anticevich S, Harrington J, Hew M, Holland AE, Hopkins T, Jayaram L, Reddel H, Upham JW, Gibson PG, Bardin P. Oral corticosteroids stewardship for asthma in adults and adolescents: A position paper from the Thoracic Society of Australia and New Zealand. *Respirology*. 2021 Sep 29. doi: 10.1111/resp.14147. Epub ahead of print. PMID: 34587348.



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