

# Oral Corticosteroid Use in Asthma

**This body of work comprises the following publications:** Oral corticosteroid stewardship for asthma in adults and adolescents: A position paper from the Thoracic Society of Australia and New Zealand. *Respirology*. 2021; Mepolizumab and oral corticosteroid stewardship – data from Australian Mepolizumab Registry *JACI: In Practice*, 2021. The patients' experience of severe asthma add-on pharmacotherapies; a qualitative descriptive study. *Journal of Asthma and Allergy*, 2021. Cumulative dispensing of high oral corticosteroid doses for treating asthma in Australia. *Med J Aust*, 2020. What matters to people with severe asthma? Exploring add-on asthma medication and outcomes of importance. *ERJ Open Research* (2021).

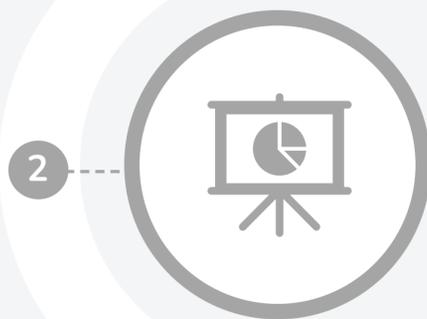


- Oral corticosteroids (OCS) are associated with significant adverse effects and increased morbidity
- They are a cornerstone for the management of acute asthma attacks and some people require regular maintenance OCS
- An increased understanding of the heterogeneity of asthma, and improved access to monoclonal antibody therapy presents an opportunity to minimise OCS use in people with asthma



## 1 Problem

## Key Findings



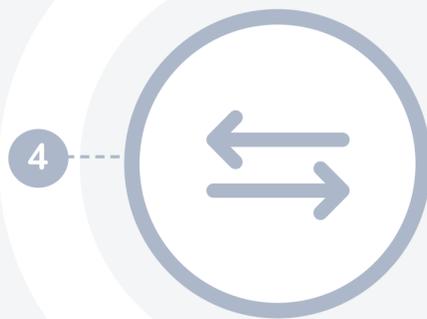
- 51% of people prescribed medication for asthma were prescribed OCS, and of those 27.9% reached the cumulative toxic dose of at least 1000mgs over a five year period.
- OCS adversely impacts the lives of people with asthma and reducing OCS is a top priority for people with severe asthma.
- It is possible to reduce OCS doses in people with severe eosinophilic asthma using monoclonal antibody therapy

- These studies were used to develop a position paper through the Thoracic Society of Australia and New Zealand. The paper provides a review of current knowledge of OCS use in asthma and proposes principles for OCS stewardship to guide asthma management and reduce harm
- The knowledge gained from the studies was used to develop infographics that can be used at the point of care for education purposes
- The research has raised awareness of the problems of OCS through various news media including written articles, radio interviews and social media platforms



## 3 How was the research used

## 4 What was the change



- This research has led to the development of a stewardship program for OCS.
- Key recommendations from the stewardship program include- improving inhaler technique, improving adherence, optimising treatment, multidimensional assessment to manage comorbidities, using monoclonal antibody therapies for people with uncontrolled asthma and placing restrictions on the way OCS are prescribed

- This body of research demonstrated methods for reducing OCS use without compromising asthma control via the use of monoclonal antibody therapies
- This research has established the groundwork to change policy and implement a stewardship program for OCS use in people with asthma
- A stewardship program will lead to practice change for the prescription of OCS, with follow on economic benefits and reduced morbidity from OCS related side effects



## 5 What was the impact



### Who are the collaborators:

**Centre of Treatable Traits:** McDonald VM | Gibson PG | Upham JW | Bardin P | Holland AE | Hew M | Wark PAB | Thomas, D | Clark VL | Harvey ES | Lee J

**External Collaborators:** Stevens S | Australian Mepolizumab Registry | Blakey J | Chung LP | Ruane L | Gornall J | Barton C | Bosnic-Anticevich S | Harrington J | Hopkins T | Jayaram L