

1.32 The Asthma Control Test is a non-specific measure of asthma control when used in a modern cohort of symptomatic individuals with clinically apparent uncontrolled asthma.

Dr. Patrick Kerr^{1,2}, Dr. Ciara Ottewill^{3,4}, Dr. Cara Gill^{3,5}, Dr. Margaret Gleeson³, Ms. Orla Smith³, Ms. Helen Doherty³, Ms. Elaine MacHale³, Prof. Richard Costello³

¹RCSI, Dublin, Isle of Man. ²Beaumont Hospital, Dublin, Ireland. ³RCSI, Dublin, Ireland. ⁴Bon Secours Hospital, Dublin, Ireland. ⁵Mater Private Hospital, Dublin, Ireland

Background: The Asthma Control Test (ACT) is a widely used patient-reported outcome tool. Co-existing reflux, obesity and anxiety are associated with lower ACT scores in severe asthma, distinct to objective control. We hypothesise that comorbid conditions are associated with a lower ACT, regardless of presence of asthma.

Methodology: Participants with a clinical diagnosis of asthma and persistent respiratory symptoms were recruited to a 12-week study, undergoing simultaneous diagnostic testing & remote monitoring of lung function and adherence. Lung function, T2 status and ACT were recorded at 4 visits over 12 weeks. Results from the first 150 participants are presented. Asthma was diagnosed in 78 subjects, an alternative diagnosis was made in 67, while five withdrew from the study.

Results: No significant difference was found in ACT between those with and without asthma. Significant improvement in ACT was noted during the study in individuals with and without asthma ($p < 0.05$). Multi-morbid patients demonstrated the lowest ACT throughout the study, with ACT correlating with number of co-morbidities in those with asthma ($p < 0.05$), and without asthma ($p < 0.01$). No correlation was found between ACT and lung function/T2 status.

Conclusion: ACT score is lower in the presence of comorbidities in both individuals with and without asthma.

Disclosures

Funding: This study is funded by Royal College of Surgeons in Ireland (RCSI) through the StAR MD research programme.

This study is funded by an investigator-initiated project grant from GlaxoSmithKline.

Conflict of Interest: Richard Costello has patents on the use of acoustics to assess inhaler errors and adherence, a method to quantify adherence, predict exacerbations, has received grants from Aerogen and GlaxoSmithKline; and speaker fees for Aerogen, AstraZeneca and GlaxoSmithKline.

Corresponding author: Patrick J Kerr <https://orcid.org/0000-0002-5419-9794>

Clinical Trial Registry: NCT05357274 <https://clinicaltrials.gov/>