

# EASY ASTHMA & COPD ONLINE

## MODULE 2 : โรคหืด

แนวทางการรักษาโรคหืด  
(Easy Asthma Guideline)



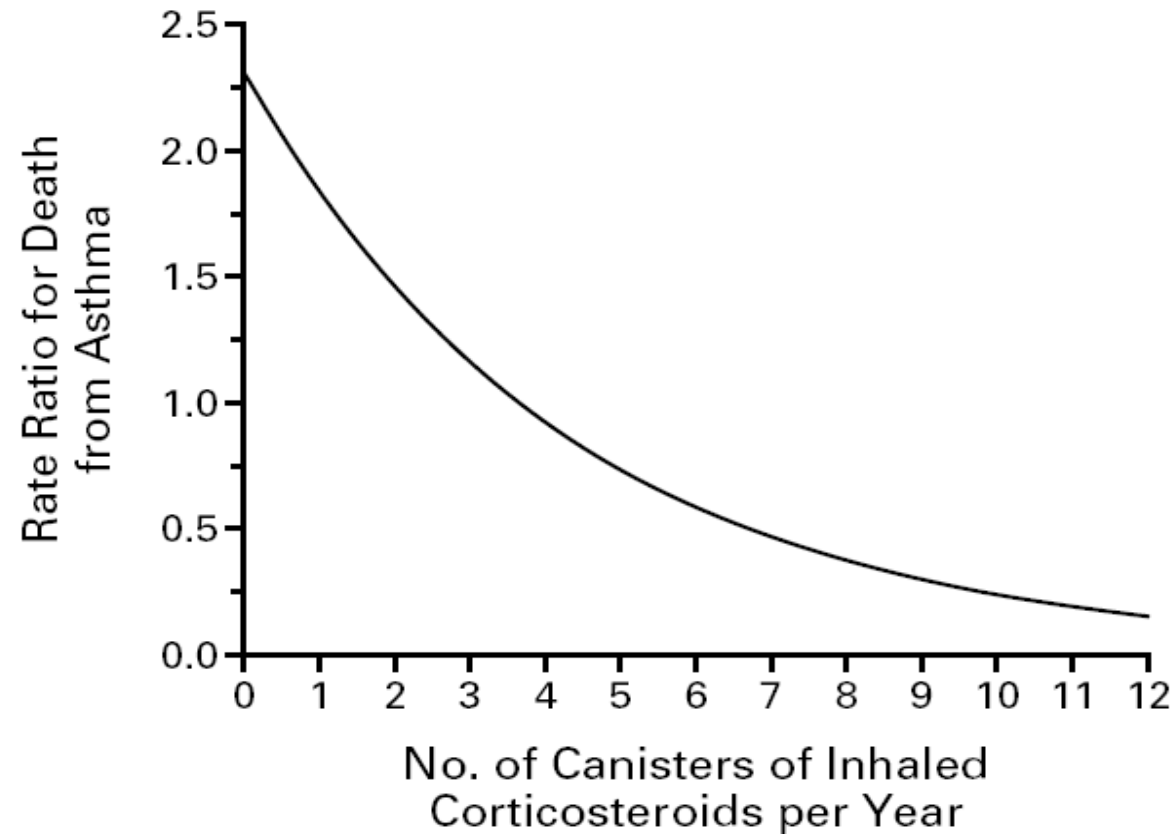
# OUTLINE



- แนวทางการรักษาโรคหืดตามรูปแบบ EACC
- Applying GOAL Study for EACC guideline

# Asthma รักษาได้ง่าย ๆ แบบ EACC

การใช้ ICS ช่วยป้องกันการเสียชีวิตจากโรคหืด



# Asthma guideline too complicate

Intermittent

Mild  
persistent

Moderate  
persistent

Severe  
persistent

Day symptoms

Night symptoms

PEFR

PF variability

TOO COMPLICATE







The Gaining Optimal Asthma controL (GOAL) study



# Asthma control definitions in the GOAL study

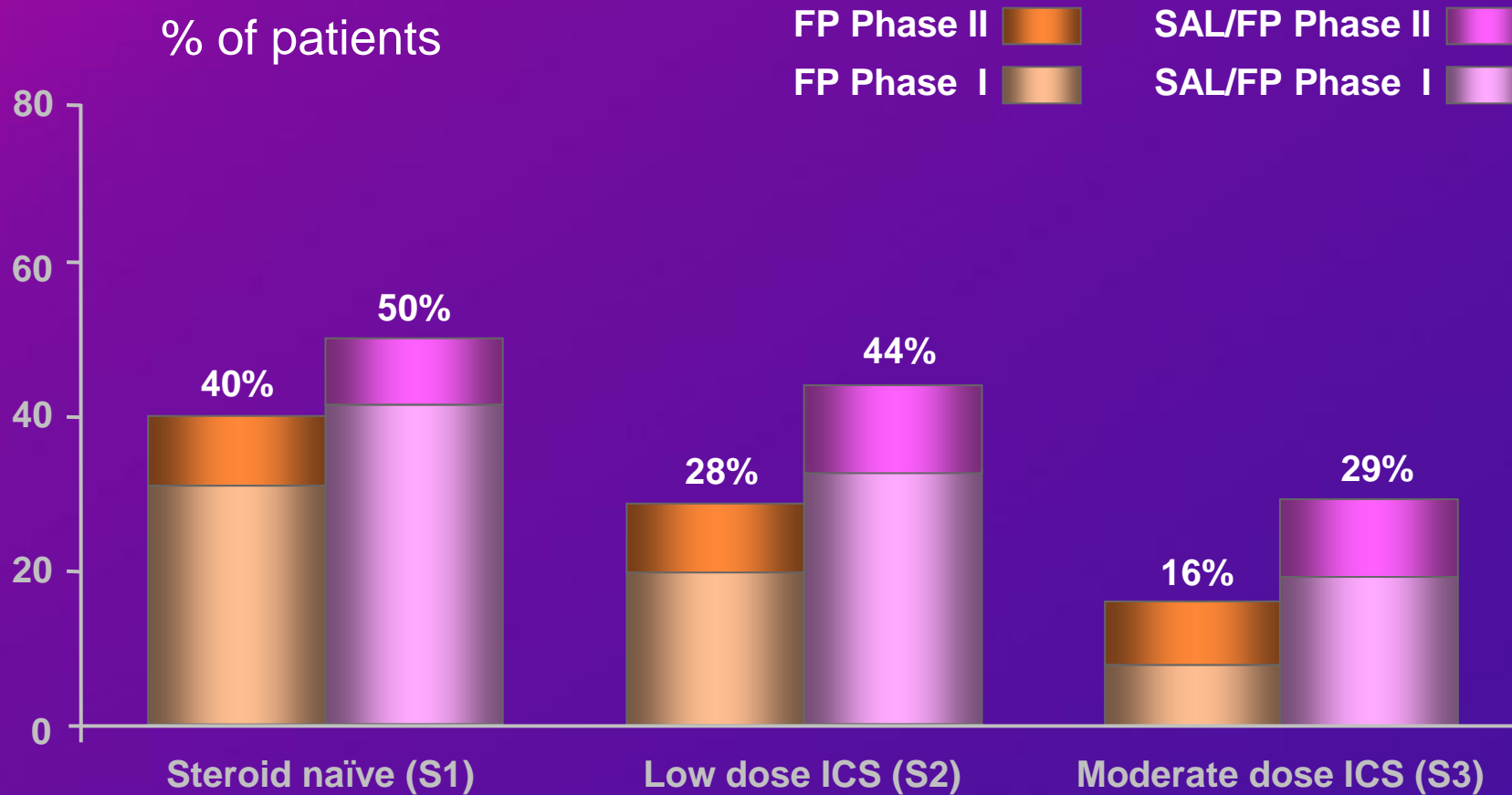
	 <b>Well-controlled</b>	 <b>Totally-controlled</b>
<b>Daytime symptoms</b>	<b>Each week, <math>\geq 2</math> of following:</b> $\leq 2$ days per week with score $> 1$	<b>Each week, all of following:</b> None
<b>Rescue use</b>	$\leq 2$ days & $\leq 4$ occasions	None
<b>AM PEF (diary card)</b>	$\geq 80\%$ predicted every day	$\geq 80\%$ predicted every day
<b>Night-time awakenings</b>	<b>Each week, all of following:</b> None	<b>Each week, all of following:</b> None
<b>Exacerbations (all grades)</b>	None	None
<b>Emergency visits</b>	None	None
<b>Treatment-related AEs</b>	None enforcing therapy change	None enforcing therapy change

**Control maintained for at least 7 of 8 weeks**

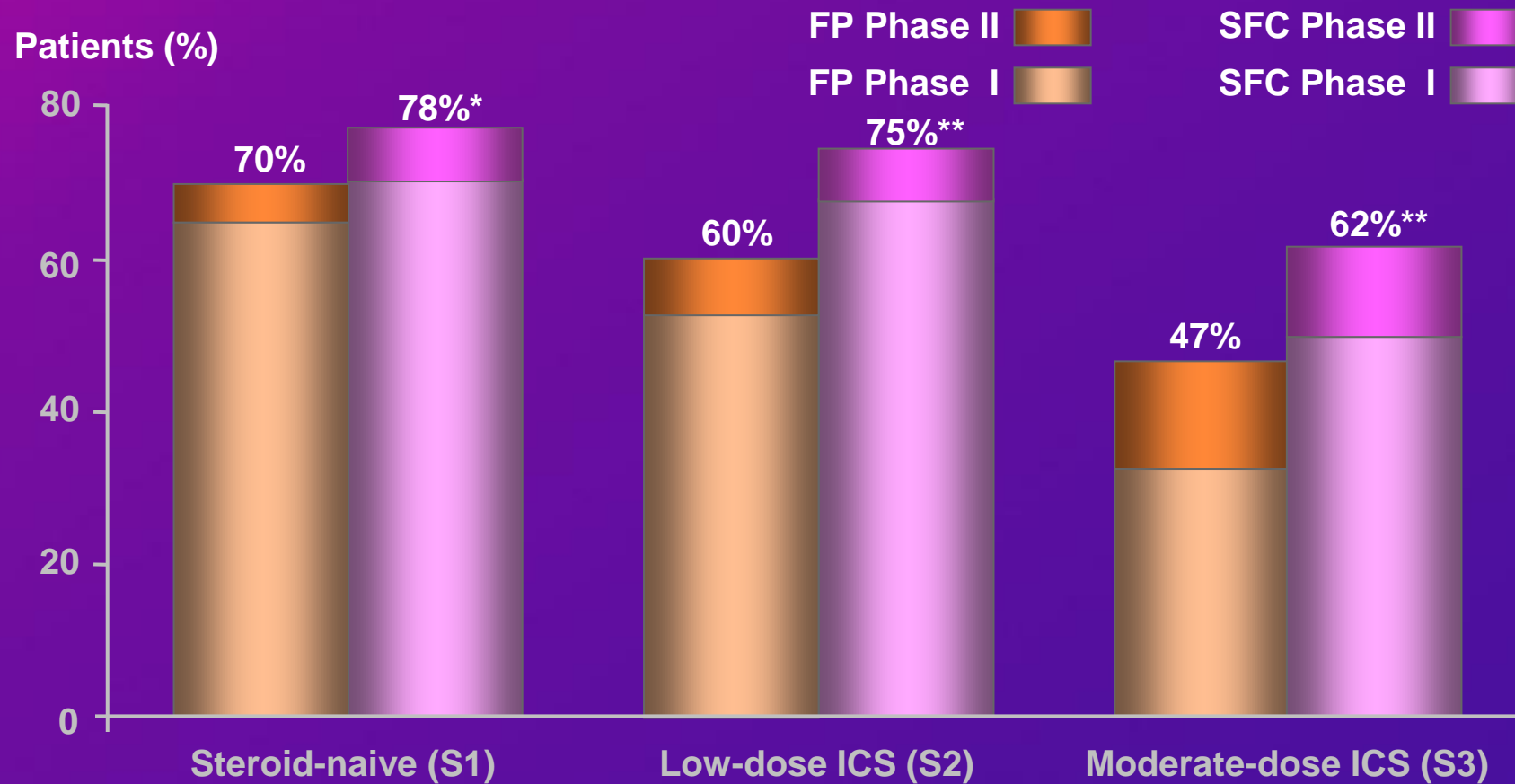
AE, adverse event; AM, morning; PEF, peak expiratory flow

Bateman et al. *Am J Respir Crit Care Med.* 2004;170:836–844.

# TOTAL CONTROL achieved with sustained treatment



# WELL CONTROLLED asthma achieved with sustained treatment

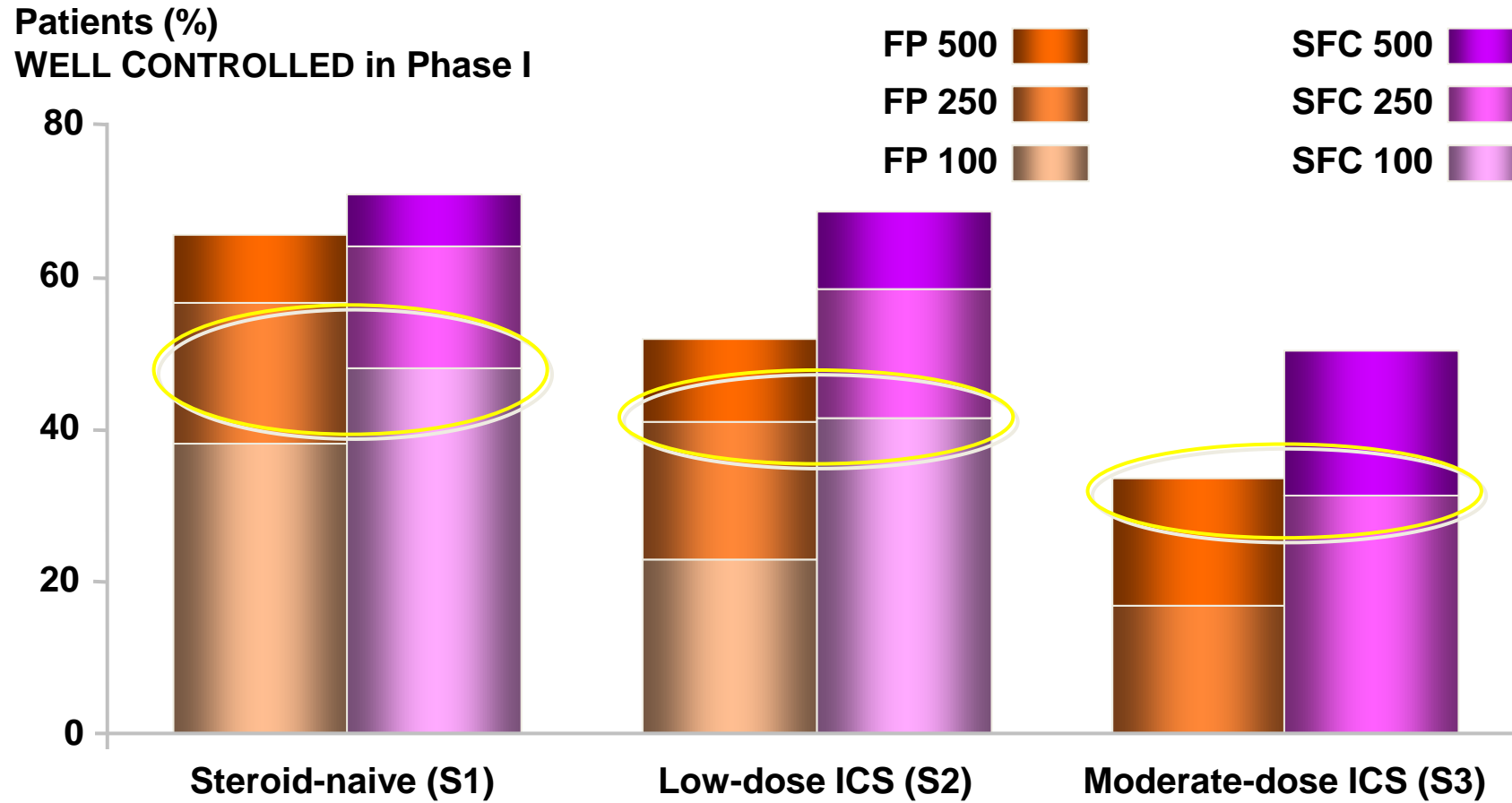


\*  $P = 0.003$

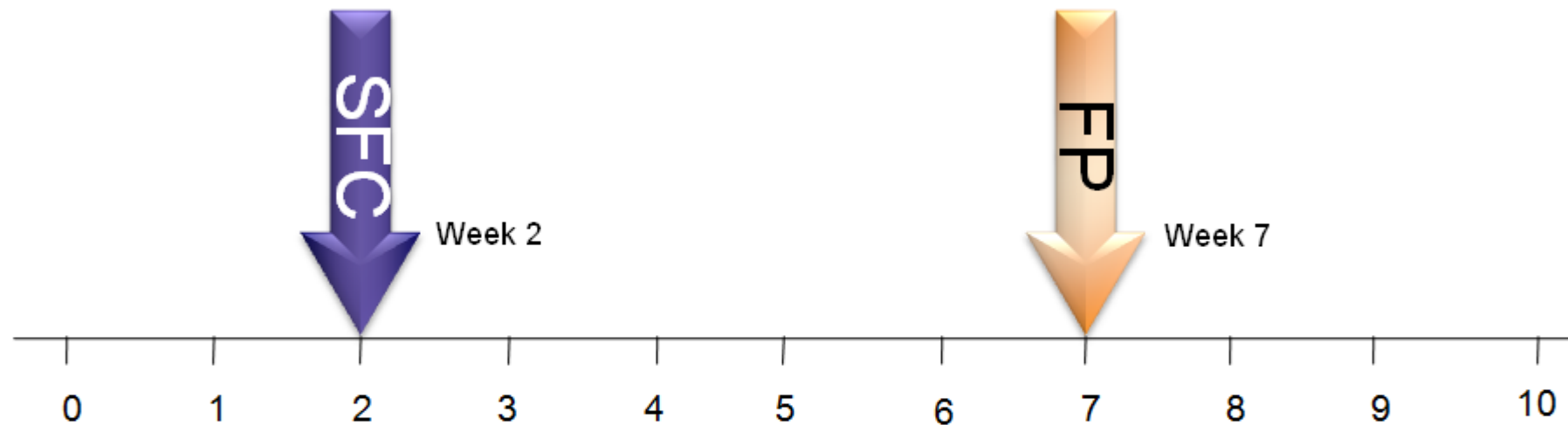
\*\*  $P < 0.001$



# WELL CONTROLLED asthma achieved at a lower steroid dose with SFC



# Time to achieve Well-Controlled\* asthma



The week by which 50% of patients achieved their first WELL-CONTROLLED week

*Patients previously on low-dose ICS (stratum 2)*

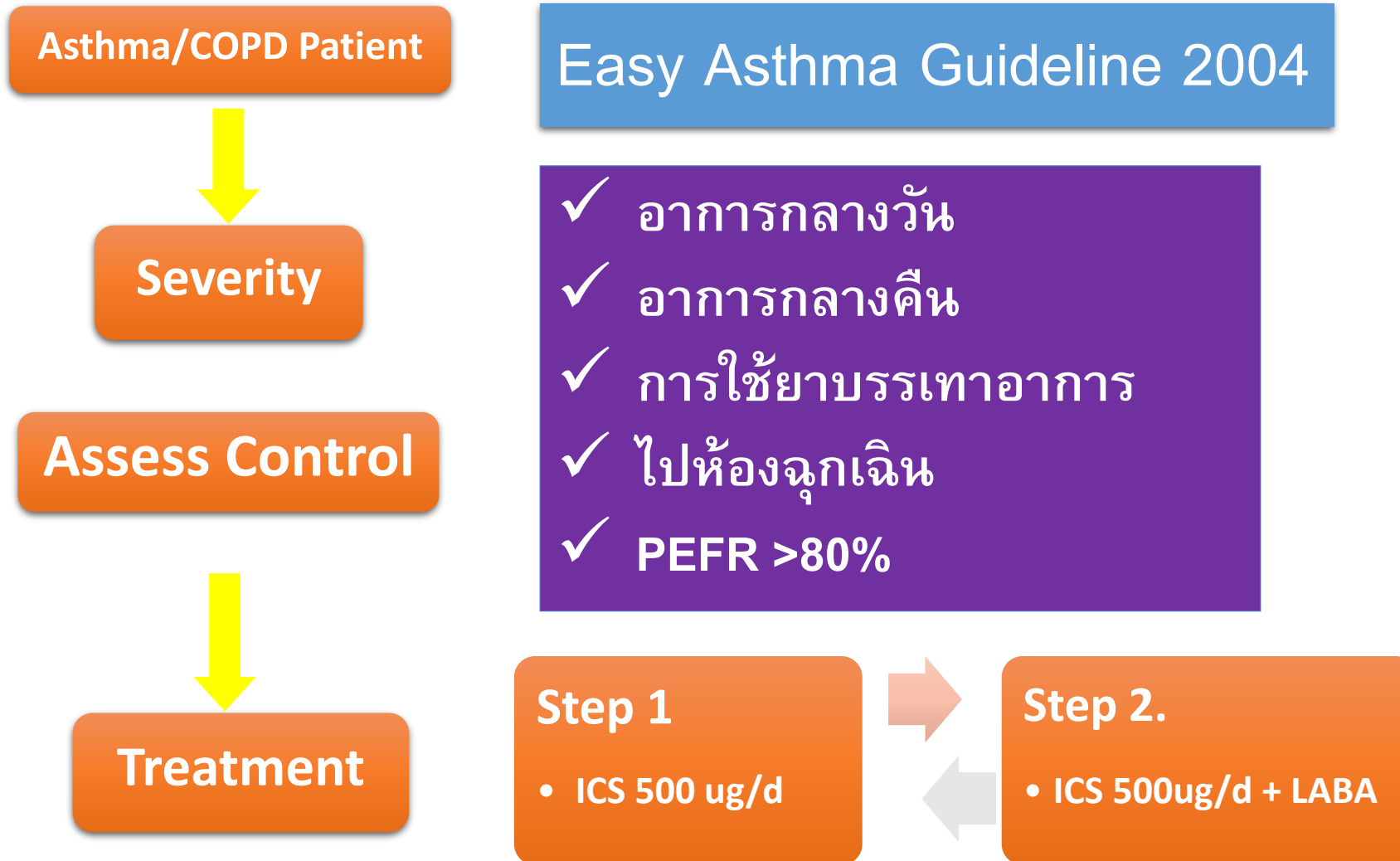
*\*Well controlled defined as achieving at least 2 of the following 3 criteria every week; daytime symptoms  $\leq 2$  days/week with symptom score  $>1$ , use of rescue beta2 agonist for  $\leq 2$  days/week and  $\leq 4$  occasions/week or morning PEF  $\geq 80\%$  predicted every day plus achieving all other criteria from GINA and NIH guidelines for at least 7 out of 8 weeks*

# ICS/LABA มีประโยชน์อย่างไร?

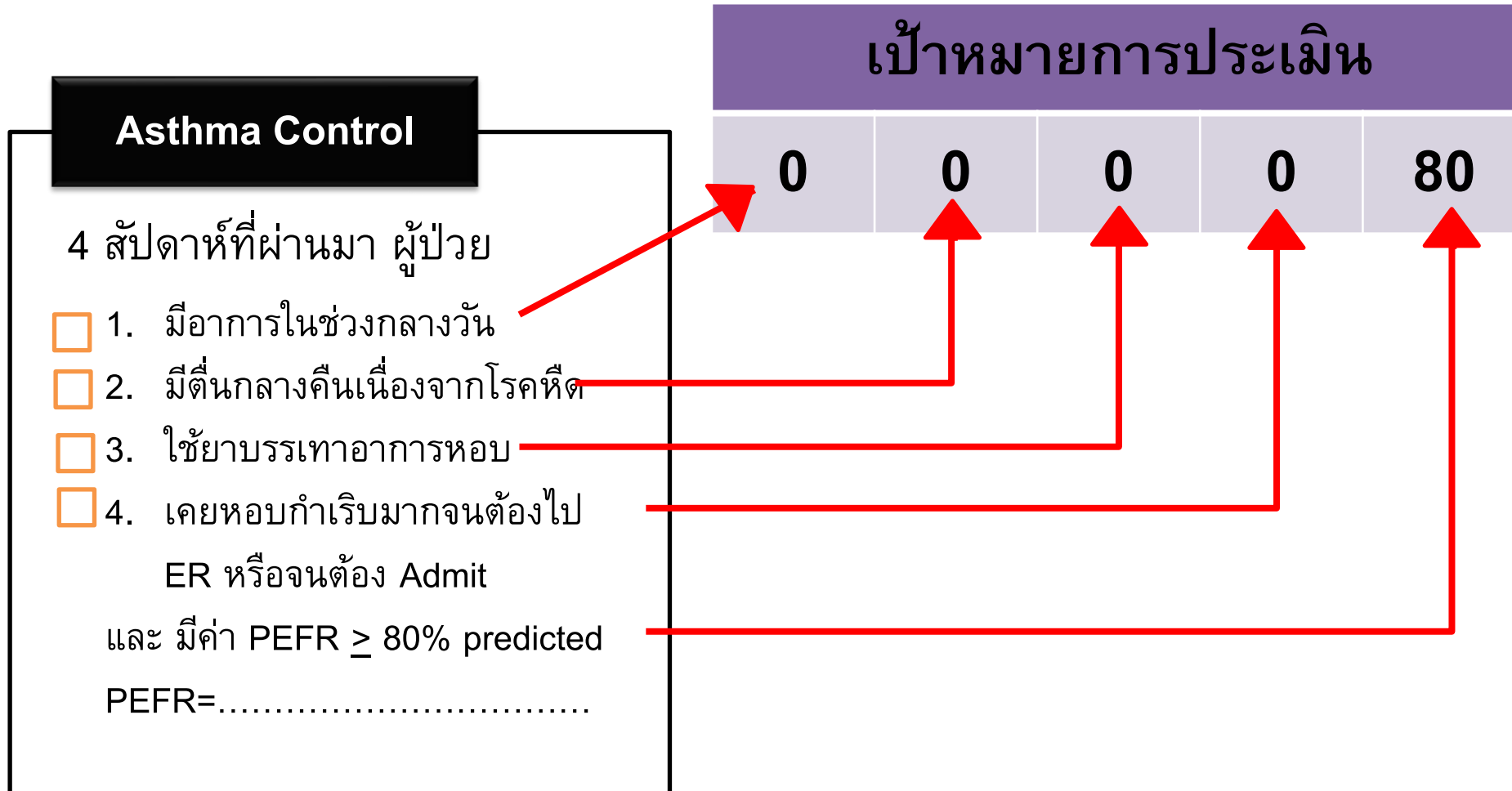
## ICS/LABA ดีกว่า ICS เดี่ยว

- จำนวนผู้ป่วยที่สามารถควบคุมโรคหืดได้ **มากกว่า**
- ผู้ป่วยสามารถถึงเป้าหมายได้ **เร็วกว่า**
- ใช้ขนาดของสเตียรอยด์ที่ **น้อยกว่า**

# EASY Asthma Guideline ทำให้การรักษาโรคหืดทำได้ง่าย



# การประเมินแบบ Easy Asthma



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ขอบคุณครับ

