



Factors Associated With Hospitalization Among Patients With Severe Asthma

A chronic study is a real-world observational study in which patients considered to have severe asthma defined by either chronic use of maintenance oral corticosteroid therapy, or use of a biologic medication for their asthma were followed over a prolonged period of time. In all, there were 89 centers that enrolled 796 patients. And 93 of these patients had hospitalizations during the one-year period in which they were observed. The purpose of the abstract was to determine which of the patient characteristics was most important in leading ultimately to a hospitalization for an asthma exacerbation.

Of these characteristics, some that were found to be important in increasing the risk of a possible hospitalization included non-Hispanic black ethnicity, living less than 150 meters from a major road perhaps due to the effects of air pollution, physically disabled status, along with obstructive sleep apnea, chronic anxiety and insomnia. Interestingly allergic status confer to reduce risk of having a hospitalization upon a patient.

One last risk factor that conferred a massively increased risk for having possible hospitalization was the use of oral corticosteroids on a chronic basis. In fact, there was a five-fold increase risk that a patient would require a hospital stay if they were taking prednisone or some other oral corticosteroid on a daily basis. These data from the chronicle study I think help all clinicians focus on those who are perhaps at greatest risk with the possibility of trying to modify some of these, if at all possible.