



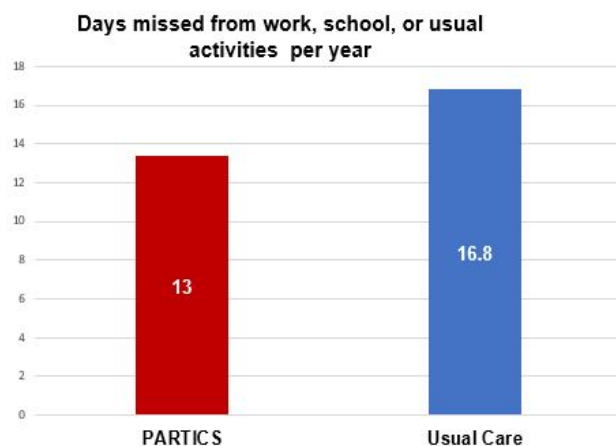
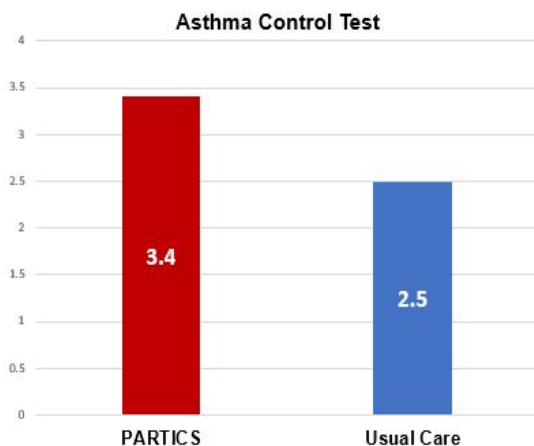
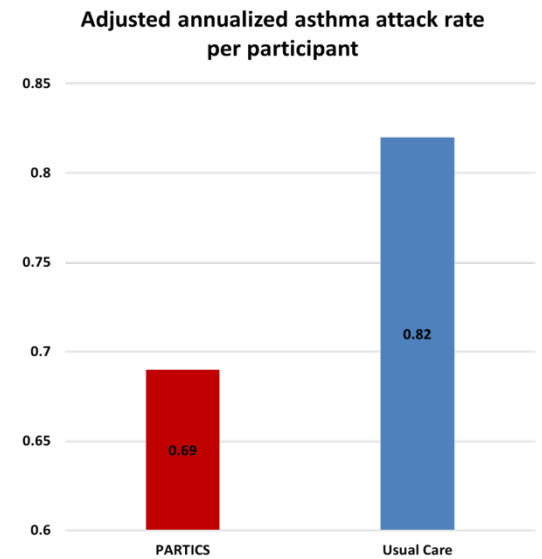
PREPARE study

Successfully Reducing Asthma Attacks and Improving Asthma Control in Black and Latinx Adults with Moderate-Severe Asthma (PREPARE)

What is the result of the study?

The **PARTICS** group (*Patient-Activated Reliever-Triggered **Inhaled Corticosteroid***), instructed to "take one puff of Inhaled Corticosteroids (ICS) for **each puff** of rescue inhaler" or "5 puffs of ICS after their nebulizer/machine treatment"), showed a decrease in asthma attacks by 15% compared to the Usual Care group. This was 13 fewer asthma attacks per 100 patients a year compared to Usual Care.

Also, the PARTICS group had better asthma control, better quality of life and missed fewer days of work/school and their usual activities compared to the Usual Care group.



In Summary:

Reducing the disproportionate burden of disease from asthma in Black and Latinx patients has been difficult. In collaboration with Patient Partner advisors, we demonstrated that **PARTICS – (Patient-Activated Reliever-Triggered Inhaled Corticosteroid)** added to underlying therapy in Black and Latinx adults w moderate-severe asthma:

- Was adopted after 1 in-person session
- Reduced asthma exacerbations
- Improved asthma control
- Improved quality of life
- Reduced days lost from work/school
- Reductions in severe exacerbations were equal or greater than relevant SMART trials
- Tested in a broad population without restrictions on asthma phenotypes
- Does not require changes in underlying controller therapy
- The total extra ICS use in PARTICS+UC was 1.1 refills/yr.
- Required less extra controller than reported with SMART
- Tested in populations using rescue nebulizers
- Does not challenge FDA restrictions