



# making a **difference**

Using Patient-Centered Research Results in the Real World

## Patient Empowered Strategy to Reduce Asthma Morbidity in Highly Impacted Populations – The PREPARE study

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#PCORI2019

# Elliot Israel, MD

## Disclosures

Relationship	Company(ies)
Speakers Bureau	
Advisory Committee	
Board Membership	
Consultancy	AstraZeneca, Biometry, Cowen, Equillum, Genentech, GlaxoSmithKline, Novartis, Regeneron, Sanofi, TEVA, Murphy & Riley PC, Ryan, Ryan Deluca LLP
Review Panel	
Honorarium	
Ownership Interests	
Clinical Research Grant	AstraZeneca, Gossamer Bio, Novartis, Sanofi

**Bridget Hickson**  
Nothing to Disclose

# PREPARE (Person Empowered Asthma Relief)

- African American and Hispanic Latino patients suffer greater mortality, hospitalizations, and morbidity from asthma than Caucasians
- This disproportionate effect has been difficult to improve
- Inhaled corticosteroids reduce asthma morbidity but patients are reluctant to use them regularly as currently prescribed
  - Patients use reliever medications when they have increased asthma symptoms

## Engaged Stakeholders

Patients

Providers

Insurers

Pharmacists

Advocacy  
Groups

Professional  
Societies

Experts

To 1) *evaluate a different strategy for using inhaled corticosteroids* and  
2) *identify outcomes that would be important to them*

## Resulting in the research question

*Can we reduce exacerbations, emergency room visits and/or hospitalizations in adult African Americans/Blacks (AA) and Hispanic/Latinos (H/L) asthma patients?*

- Partners involved in every aspect of our work
  - Intervention, Outcomes, Engagement with Patients (videos, surveys, compensation), Analytic strategy
- (IMPACT) We have enrolled 1,041 of the 1200 patients
- Results:
  - Consistent 93%+ survey return rate after 12 months
  - Low drop out rate – 15 out of 1,041
  - 84% of intervention patients reporting adherence to using ICS with reliever all or most of the time over 15 months
    - 90% report using puff for puff

- What we learned and implications
  - Involve multiple partners with different perspectives
  - Early involvement of partners is key to contribution and their satisfaction
  - Face to face interactions of partners are critical
    - Breakout sessions with mix of all partners in each breakout group
    - Opportunity to understand that they have valuable lessons to teach each other
  - Patient partners need to be enabled
    - Tools and education
    - Facilitation
    - Constant contact
    - Evidence that their feedback has been incorporated and its effect

# Thank You!

## Elliot Israel, MD

Principal Investigator, PREPARE study

## Bridget Hickson

Patient Partner, PREPARE study

[Comparing Asthma Treatments: A Study Focusing on African-American, Hispanic, and Latino Adults -- The PREPARE Study for PeRson EmPowered Asthma Relief](#)