

Treatable Traits in Asthma in Pregnancy

Treatable Traits

A model of care designed to address the heterogeneity of chronic airway diseases, such as asthma



Involves a multidimensional assessment that deconstructs airway diseases into "traits" and applies individualised management according to the identified traits



Treatable traits are phenotypic or endotypic characteristics which can be assessed and targeted with treatment



What is the evidence?



Improved health related quality of life in people with asthma

Improved asthma control



Reduction in exacerbations and healthcare use

Common traits include



Airflow Limitation



Airway Inflammation



Activity Limitation



Gastroesophageal Reflux Disease



Obesity and Gestational Weight Gain



Anxiety/Depression



Systemic Inflammation



Non Adherence



Self Management Skills



Smoking



Hypertension



Gestational Diabetes Mellitus

What is a trait?

The 3 key elements of a treatable trait:

1. Clinically relevant
2. Identifiable and measurable
3. Treatable

Traits are recognised within pulmonary, extrapulmonary and behavioural/risk-factor domains



Pulmonary



Extrapulmonary



Risk-factor / behavioural



Clinically relevant



Identifiable and measured



Treatable