

# DIG\_IT: THE ASTHMA AND COPD PATIENT DIGITAL JOURNEY IN EUROPE

## SPAIN FACTSHEET



### The EFA DIG\_IT project

In 2021, EFA conducted a survey with 970 asthma and chronic obstructive pulmonary disease (COPD) patients in five European countries to study how patients use digital health tools, their attitudes towards digital health, barriers to uptake, and needs in using new technologies. This country fact sheet highlights the survey results in Spain, based on a national sample of 200 respondents (n=100 asthma + 100 COPD; 51% male, 49% female).



*I would like to be offered more tools to use to control my disease*

—  
COPD patient from Spain



### Summary of the DIG\_IT questionnaire results in Spain

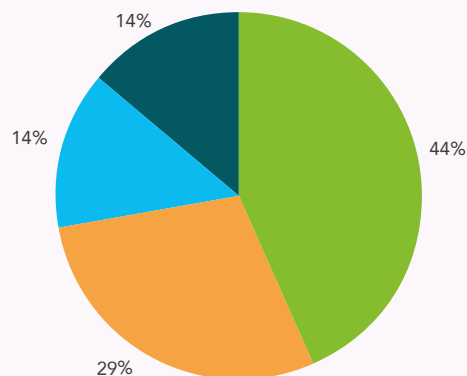
Digital technologies promise to make healthcare more efficient, data-driven and patient-centred. Spain is a leader in the adoption of digital health and data. Spanish asthma and COPD patients are early adopters of digital tools and view these technologies positively.

Previous investments in digital health paid off during the COVID-19 pandemic. Despite having below average internet access, patient awareness of, and access to, digital diagnostics and treatment is above average in Spain, compared to the five countries included in the survey. Patients in Spain are well-placed to avail of future innovations but, like their peers across Europe, have concerns about data privacy and security.

### EFA DIGITAL PATIENTS RECOMMENDATIONS FOR SPAIN

- Healthcare providers should increase awareness and accessibility of digital tools used in patient care
- Patients should be reimbursed, and HCPs incentivised, for using high quality apps and devices
- In line with patients' preference for training by healthcare professionals, ensure clinicians have the capacity to deliver education and coaching to service users

### Asthma and COPD patients' in Spain openness towards digital services and tools



Very open    Somewhat open    Somewhat sceptical    Very sceptical

Question 19: In general, how open are you to using digital services and tools in the context of your asthma/COPD?  
Basis: Total n=200, asthma=100, COPD=100



I am very much in favour of digital, it solves problems quickly. But sometimes it is necessary to have an in-person consultation

Asthma patient from Spain



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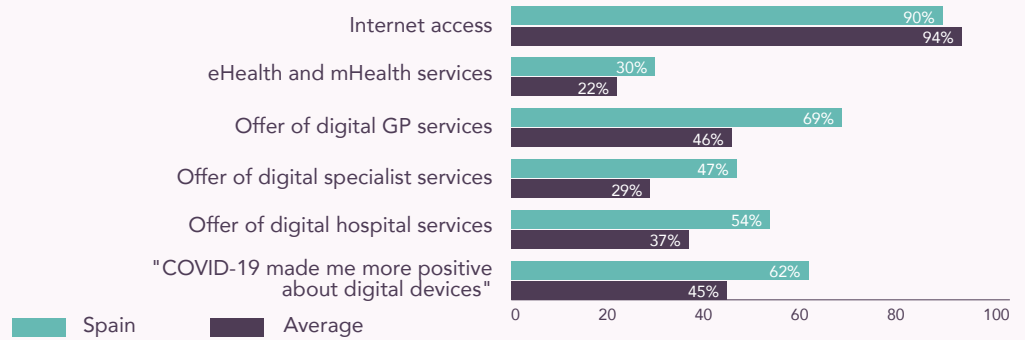


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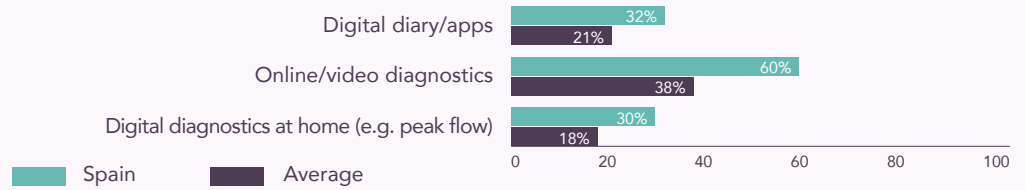


MORE INFORMATION ON THE DIG\_IT PROJECT

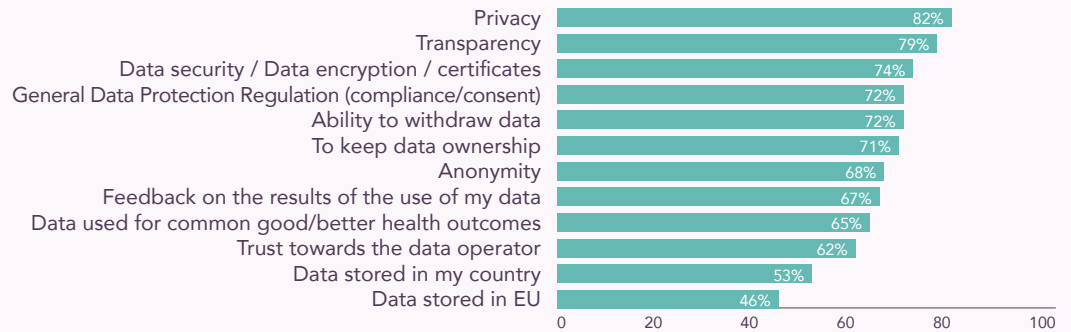
### Weak on Internet access – strong on digital health



### Awareness of digital diagnostics

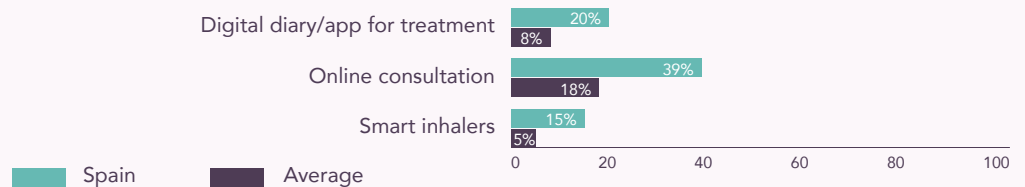


### Asthma and COPD patients' in Spain priorities when sharing data digitally

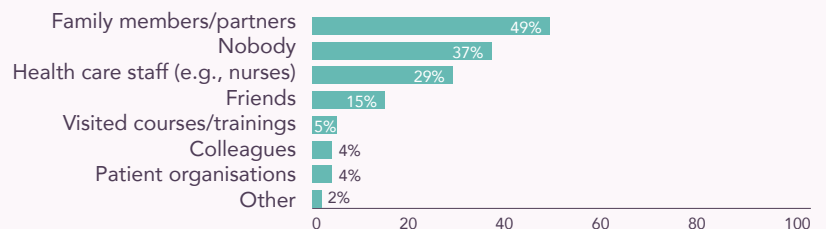


Question 35: How important are the following aspects to you when it comes to sharing data digitally?  
Basis: Total n=200, asthma=100, COPD=100

### Use of digital tools for asthma and COPD treatment



### Asthma and COPD patients' in Spain received support to use digital tools



Question 42: In case someone supports/supported your use of digital tools, who did/does?  
Basis: Total n=200, asthma=100, COPD=100