**Summary**

German asthma patients believe their quality of life is generally better when compared to other European countries, but some are still frequently visiting the emergency room. German patients also believe public authorities are doing more to protect them. Frequent check-ups and action plans are also promoted. However, German patients have lower access to support groups and patient organisations.

**Active Patient ACCESS Report**

**country fact sheet: Germany**

**What is the ACCESS report?**

EFA conducted a survey of 700+ participants in seven countries of patients with asthma, patients with COPD and perceptions in prevention and patient empowerment. This country fact sheet represents further examination of highlights or noted deviations from overall averages.

**Highlights**

- 80% are satisfied or very satisfied with the asthma diagnosis process
- 3.8 years between symptoms and COPD diagnosis (vs. 3.4 overall)
- 54% more concern about allergies than viral respiratory infections (vs. 46% overall)
- 35% taking part in a Disease Management Programme (DMP) (vs. 18% overall)
- 80% take part in a Disease Management Programme (DMP) (vs. 18% overall)
- 42% taking part in medical research / clinical trials (vs. 19% overall)

**What is the ACCESS report?**

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**Structure**

**Story**

**Design**

**Asthma**

**Diagnosis testing**

Provocative testing (physical activity) (55%) used much more than spirometry with relief spray (20%)

**Care**

SABA most used treatment (84%), more than inhaled corticosteroids (75%)

**Perception**

German patients believe their work life (40% vs 50% overall), relationships (22% vs. 32% overall) and living standard (28% vs. 46% overall) is less impacted compared to other countries.

**COPD**

**Diagnosis testing**

Laboratory tests (eg AAT deficiency) more used than X-ray (69% vs. 51% overall)

**Care**

Services used:
- Specific training/exercises used less than average (13% vs. 28% overall)
- Pulmonary rehabilitation used more than average (36% vs. 25% overall)

**Perception**

Fewer German patients (44% vs 56% overall) believe that COPD doesn’t get enough attention when compared to other chronic diseases.

**Prevention**

- The perception of protection by public authority against indoor risk factors is generally higher than in other countries, in particular: tobacco smoke (82% vs. 71% overall), building material (62% vs. 45% overall), moulds (50% vs. 32% overall)
- Frequent check-ups (65% vs. 46% overall), pneumococcus vaccination (57% vs. 46% overall), education (50% vs. 38% overall) and asthma and COPD action plan (42% vs. 29% overall) are promoted more by the public authorities compared to other countries

**Empowerment**

- GPs (85%) are the main source of information - friends and relatives (55% vs. 40% overall) and pharmacists (48% vs. 35% overall) are consulted more than in other countries
- Patients have lower access to support groups and patient organisations (20% vs. 32% overall) and specialised centres (15% vs. 29% overall)

**Treatments currently used by patients for their asthma**

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>LABA &amp; Corticosteroids</td>
<td>75%</td>
</tr>
<tr>
<td>Inhaled Corticosteroids</td>
<td>71%</td>
</tr>
<tr>
<td>Oral corticosteroids</td>
<td>3%</td>
</tr>
<tr>
<td>LABA reliever</td>
<td>42%</td>
</tr>
<tr>
<td>SABA reliever</td>
<td>42%</td>
</tr>
<tr>
<td>SABA/Emergency relief</td>
<td>2%</td>
</tr>
</tbody>
</table>

**Treatments currently used by patients for their COPD**

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Combines Inhaled steroids and LABA</td>
<td>40%</td>
</tr>
<tr>
<td>LABA reliever</td>
<td>35%</td>
</tr>
<tr>
<td>Inhaled steroids/LABA</td>
<td>25%</td>
</tr>
<tr>
<td>Allergy</td>
<td>10%</td>
</tr>
<tr>
<td>LABA</td>
<td>5%</td>
</tr>
</tbody>
</table>

**Active Patient ACCESS Report**

**country fact sheet: Germany**

**#ShowLeadership**

**read full report: https://efanet.online/ACCESS**