Summary

Polish patients have the highest averages for years between first symptoms and first diagnosis for both asthma and COPD. Polish patients also assume the highest impact and clearly feel less protected from public authorities on outdoor factors compared to other countries. However, Polish patients have higher access to specialised centres and clinical trials.

**HIGHLIGHTS**

- **Asthma**
  - Years between first symptoms and first diagnosis (highest country gap vs. 3.3 overall)
  - Visit the HCP 1.2 times a year or more
  - 84% initially received a wrong diagnosis (highest country rate vs. 16% overall)

- **COPD**
  - Years between symptoms and COPD diagnosis (highest average vs. 3.4 overall)
  - 75% initially received wrong diagnosis
  - Took part in medical research/clinical trials (vs. 19% overall)

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.

**Active Patient ACCESS Report** country fact sheet: Poland

**Active and Passive Smoking** is perceived as the factor where public authority do more (80%). Also, flu vaccination (76%), physical activity (75%), info on air quality (65%), healthy eating (60) are also well promoted. Action plans are promoted less (17% vs. 29% overall).

Patients have lower access to support groups and patient organisations (20% vs. 32% overall) and to social media groups, while access to specialised centres (69% vs. 29% overall) and clinical trials (69% vs. 22% overall) is very high.

**Asthma**

- Diagnosis testing:
  - Provocative testing (physical activity) (55%) used much more than spirometry with relief spray (20%)
  - Care:
    - Inhaled corticosteroids used most, antihistamines used more than SABA (66% vs. 54% overall)

**COPD**

- Diagnosis testing:
  - Tests conducted on a regular basis:
    - Measurements of lung volumes and peak flow rarely used (11% for both)
    - Laboratory tests (52% vs. 26% overall) and X-ray (50% vs. 17% overall) used more
  - Care:
    - Prescription (100%), spirometry (100%), X-ray (98%), laboratory tests (96%), consultation (91%) used more
    - More hospitalisation compared to other countries (59% vs. 33% overall)

**Perception**

- Wide majority (67%) believe comorbidities influence therapy - Polish patients feel they have a much higher impact on quality of life when compared to respondents from other countries.

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

- LABA & Cortisone combination: 39%
- Inhaled corticosteroids/Corticosterone: 36%
- Antihistamines/allergics: 94%

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

- Smoking cessation: 96%
- SABA/emergency relief: 77%
- LABA reliever: 98%
- Inhaled steroids/Corticosterone: 33%
- Combination inhalers/steroids: 25%

#ShowLeadership read full report: https://efanet.online/ACCESS