

## **Lay summary: Managing multimorbidity in severe asthma: comparison of resources and perspectives between severe asthma specialists and general respiratory physicians across Europe**

People living with severe asthma often have other long-term health conditions, including obesity, sinonasal disease, gastro-oesophageal reflux disease, anxiety and depression. These comorbidities often coexist in a framework known as multimorbidity, and are associated with poorer asthma control, reduced treatment effectiveness and worse overall health outcomes. The Global Initiative for Asthma (GINA) recommends comprehensive management of severe asthma, emphasising the need to identify and address treatable traits, including multimorbidity. However, little is known about how severe asthma specialists and general respiratory physicians differ in their access to multidisciplinary resources and their perspectives on multimorbidity in severe asthma.

To address this knowledge gap, the SHARP (Severe Heterogeneous Asthma Research collaboration, Patient-centred) initiative conducted an online survey involving 495 respiratory physicians from 25 European countries. The survey compared severe asthma specialists and general respiratory physicians, exploring access to multidisciplinary resources and physicians' perspectives on multimorbidity in severe asthma.

The study found important differences between the two physician groups. Severe asthma specialists were more likely to have access to multidisciplinary teams, routinely assess comorbidities during both initial and follow-up consultations, and report greater experience and confidence in managing multimorbidity. They were also more likely to recognise the impact of multimorbidity on severe asthma and general health outcomes. Despite these differences, physicians from both groups reported limited education and training in multimorbidity management and identified important unmet needs in multidisciplinary care.

Overall, the findings highlight important differences in the awareness, assessment and management of multimorbidity between severe asthma specialists and general respiratory physicians across Europe. They support strengthening multidisciplinary care, improving education and training, and harmonising clinical practice to improve the management of multimorbidity in severe asthma. The study also highlights the need for national and international asthma guidelines to evolve appropriate guidance on multimorbidity in severe asthma.