

CONTINUING MEDICAL EDUCATION EXAMINATION

Contribution of MASK-air[®] as an mHealth Tool for Digitally Enabled Person-Centered Care in Rhinitis and Asthma

Instructions for obtaining 1.3 Continuing Medical Education Credits

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CME Items

- Which of the following applies to studies using mHealth real-world data?
 - They are associated with the highest level of evidence for the assessment of the efficacy and safety of interventions
 - They render randomized controlled trials unnecessary for assessment of the safety and efficacy of interventions
 - They can overcome some of the limitations of randomized controlled trials, particularly regarding generalizability
 - They can more adequately deal with confounding than randomized controlled trials
 - They always have a cross-sectional design
- Which of the following apply to available mHealth tools for allergic rhinitis?
 - A search for rhinitis in app stores reveals that most results concern mHealth apps that are potentially relevant for the management of allergic rhinitis
 - There is only 1 mHealth app for allergic rhinitis available in several languages
 - More than 100 mHealth apps for allergic rhinitis resulted in scientific publications
 - All the above are correct
 - None of the above are correct
- Which of the following apply to digital biomarkers in rhinitis and asthma?
 - The CSMS assesses rhinitis control over the period of 1 week
 - The e-DASTHMA corresponds to a 0-100 visual analog scale for asthma symptoms
 - The e-DASTHMA has been validated in a cohort of patients with physician-diagnosed asthma
 - The CSMS is particularly adequate for assessing long-term control of allergic rhinitis
 - The e-DASTHMA corresponds to the digital version of the CARAT.
- Which of the following applies to the e-DASTHMA?
 - It was developed to replace the Asthma Control Test
 - Its minimal important difference has been determined
 - It was developed as a tool capable of diagnosing asthma
 - It comprises 5 Likert scale questions assessing different domains of asthma control
 - It has been demonstrated to predict the prognosis of asthma
- Which of the following has been observed using real-world data from MASK-air?
 - It is rare for patients to use different rhinitis medications throughout the year
 - Patients frequently comedicate on days when they are more poorly controlled
 - Intranasal corticosteroids are the most commonly used medications in monotherapy
 - For most patients, rhinitis treatment patterns are in line with guideline recommendations
 - Rhinitis medication use does not follow a seasonal pattern
- There is a growing body of evidence suggesting that rhinitis + asthma and rhinitis alone may be 2 different entities. MASK-air data have been used to test this hypothesis. Which of the following has been observed using real-world data from MASK-air?
 - Patients with rhinitis and asthma seem to display worse nasal or ocular symptoms than those with rhinitis alone
 - Patients with rhinitis and asthma do not seem to differ in their rhinitis medication patterns compared to those with rhinitis alone
 - Patients with rhinitis and asthma seem to display worse smell impairment than those with rhinitis alone
 - All of the above are correct
 - None of the above are correct
- MASK-air data have been used to assess the impact of allergic diseases on quality of life. Which of the following EQ-5D-5L domains tended to be affected by poorer control of asthma but not by poorer control of rhinitis?
 - Pain/discomfort
 - Daily activities
 - Anxiety/depression
 - Mobility (walking around)
 - Self-care
- Regarding the impact of allergic diseases on work and school productivity, as assessed using the MASK-air app, which of the following is true?
 - Most users answering the questionnaire on work and school productivity had indicated the loss of at least 1 study hour due to allergies
 - The impact of asthma on work productivity is mainly driven through absenteeism
 - For the same level of control, patients with rhinitis + asthma tend to have greater impairment of work due to allergies than patients with rhinitis alone
 - In patients with allergic rhinitis, ocular symptoms were the ones whose control was most strongly associated with worse school productivity
 - All the above are correct
- Which of the following apply to the use of MASK-air data in the Allergic Rhinitis and its Impact on Asthma (ARIA) 2024 guidelines?
 - MASK-air data will be the only source of evidence for the ARIA 2024 guidelines
 - MASK-air data will be used in both the processes of guideline question generation and formulation of recommendations
 - MASK-air data will be used in both the processes of guideline question prioritization and outcome identification
 - MASK-air data will be used in both the processes of guideline question generation and outcome prioritization
 - MASK-air will be used in both the processes of guideline question prioritization and outcome prioritization.
- In the GRADE approach, the formulation of guideline recommendations is based on the Evidence-to-Decision framework. This framework comprises 12 criteria regarding which interventions need to be assessed. For which of the following criteria is MASK-air currently NOT able to provide evidence on rhinitis treatments?
 - Undesirable effects (harm)
 - Patients' values and preferences
 - Resource use
 - Acceptability
 - MASK-air will be able to provide evidence for all framework criteria