

ADAPTED EVIDENCE-BASED CLINICAL GUIDELINES: BRONCHIAL ASTHMA (Part 1)

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Abstract. Clinical guideline is the result of an agreed decision of experts, adopted on the basis of a thorough analysis of literature data, as well as recommendations of foreign guideline *GINA: Global Strategy For Asthma Management And Prevention. Updated 2019.*

The document provides an updated definition of bronchial asthma (BA), gives new approaches to the classification and diagnosis of the disease, proposes modern treatment regimens based on the results of multicenter international clinical trials, which justifies the high evidence for such therapeutic tactics. New principles for the distribution of patients to phenotypes, which should be taken into account when choosing treatment regimens, are presented, algorithms for initial and maintenance therapy, and new approaches to the treatment of exacerbations of the disease are presented.

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The first part of the publication presents an updated definition and pathogenetic mechanisms of BA, outlines new approaches to the classification and diagnosis of the disease, gives principles for a comprehensive assessment of asthma control, taking into account the control of BA symptoms, the interpretation of changes in pulmonary function tests and the risk of exacerbations.

The guideline is addressed to doctors at all levels of medical care — family doctors, general practitioners, pulmonologists, allergists, cardiologists, rehabilitologists

Key words: bronchial asthma, pathogenesis, classification, diagnosis, therapy.

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