

REVIEW

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Guidance to 2018 good practice: ARIA digitally-enabled, integrated, person-centred care for rhinitis and asthma

J. Bousquet^{1,2,3,4*} , A. Bedbrook¹, W. Czarlewski⁵, G. L. Onorato¹, S. Arnavielhe⁶, D. Laune⁶, E. Mathieu-Dupas⁶, J. Fonseca⁷, E. Costa⁸, O. Lourenço⁹, M. Morais-Almeida¹⁰, A. Todo-Bom¹¹, M. Illario¹², E. Menditto¹³, G. W. Canonica¹⁴, L. Cecchi¹⁵, R. Monti¹⁶, L. Napoli¹⁷, M. T. Ventura¹⁸, G. De Feo¹⁹, W. J. Fokkens²⁰, N. H. Chavannes²¹, S. Reitsma²⁰, A. A. Cruz²², J. da Silva²³, F. S. Serpa^{24,25}, D. Larenas-Linnemann²⁶, J. M. Fuentes Perez²⁷, Y. R. Huerta-Villalobos²⁷, D. Rivero-Yeverino²⁸, E. Rodriguez-Zagal²⁸, A. Valiulis^{29,30}, R. Dubakienė³¹, R. Emuzyte³², V. Kvedariene³³, I. Annesi-Maesano³⁴, H. Blain^{35,36}, P. Bonniaud³⁷, I. Bosse³⁸, Y. Dauvilliers^{39,40}, P. Devillier⁴¹, J. F. Fontaine⁴², J. L. Pépin^{43,44}, N. Pham-Thi⁴⁵, F. Portejoie¹, R. Picard⁴⁶, N. Roche⁴⁷, C. Rolland⁴⁸, P. Schmidt-Grendelmeier⁴⁹, P. Kuna⁵⁰, B. Samolinski⁵¹, J. M. Anto^{52,53,54,55}, V. Cardona⁵⁶, J. Mulloj^{57,58}, H. Pinnock⁵⁹, D. Ryan⁶⁰, A. Sheikh⁶¹, S. Walker⁶², S. Williams⁶³, S. Becker⁶⁴, L. Klimek⁶⁵, O. Pfaar⁶⁶, K. C. Bergmann^{67,68}, R. Mösges^{69,70}, T. Zuberbier^{67,68}, R. E. Roller-Wirnsberger⁷¹, P. V. Tomazic⁷², T. Haahtela⁷³, J. Salimäki⁷⁴, S. Toppila-Salmi⁷³, E. Valovirta⁷⁵, T. Vasankari⁷⁶, B. Gemicioğlu⁷⁷, A. Yorgancioglu⁷⁸, N. G. Papadopoulos^{79,80}, E. P. Prokopakis⁸¹, I. G. Tsiligianni^{61,82}, S. Bosnic-Anticevich⁸³, R. O'Hehir^{84,85}, J. C. Ivancevich⁸⁶, H. Neffen⁸⁷, M. E. Zernotti⁸⁸, I. Kull^{89,90}, E. Melén⁹⁰, M. Wickman⁹¹, C. Bachert⁹², P. W. Hellings^{3,93,94}, G. Brusselle⁹⁵, S. Palkonen⁹⁶, C. Bindslev-Jensen⁹⁷, E. Eller⁹⁷, S. Wasserman⁹⁸, L. P. Boulet⁹⁹, J. Bouchard¹⁰⁰, D. K. Chu¹⁰¹, H. J. Schünemann¹⁰¹, M. Sova¹⁰², G. De Vries^{103,104}, M. van Eerd^{103,104}, I. Agache¹⁰⁵, I. J. Ansotegui¹⁰⁶, M. Bewick¹⁰⁷, T. Casale¹⁰⁸, M. Dykewick¹⁰⁹, M. Ebisawa¹¹⁰, R. Murray^{111,112}, R. Naclerio¹¹³, Y. Okamoto¹¹⁴, D. V. Wallace¹¹⁵ and The MASK study group

Abstract

Aims: Mobile Airways Sentinel Network (MASK) belongs to the Fondation Partenariale MACVIA-LR of Montpellier, France and aims to provide an active and healthy life to rhinitis sufferers and to those with asthma multimorbidity across the life cycle, whatever their gender or socio-economic status, in order to reduce health and social inequities incurred by the disease and to improve the digital transformation of health and care. The ultimate goal is to change the management strategy in chronic diseases.

Methods: MASK implements ICT technologies for individualized and predictive medicine to develop novel care pathways by a multi-disciplinary group centred around the patients.

Stakeholders: Include patients, health care professionals (pharmacists and physicians), authorities, patient's associations, private and public sectors.

Results: MASK is deployed in 23 countries and 17 languages. 26,000 users have registered.

*Correspondence: jean.bousquet@orange.fr

¹ MACVIA-France, Fondation Partenariale FMC VIA-LR, CHU Arnaud de Villeneuve, 371 Avenue du Doyen Gaston Giraud, 34295 Montpellier Cedex 5, France

Full list of author information is available at the end of the article



EU grants (2018): MASK is participating in EU projects (POLLAR: impact of air POLLution in Asthma and Rhinitis, EIT Health, DigitalHealthEurope, Euriphi and Vigour).

Lessons learnt: (i) Adherence to treatment is the major problem of allergic disease, (ii) Self-management strategies should be considerably expanded (behavioural), (iii) Change management is essential in allergic diseases, (iv) Education strategies should be reconsidered using a patient-centred approach and (v) Lessons learnt for allergic diseases can be expanded to chronic diseases.

Keywords: App, Asthma, Care pathways, MASK, mHealth, Rhinitis, DG Santé

Introduction

In all societies, the burden and cost of allergic and chronic respiratory diseases (CRDs) is increasing rapidly. Most economies are struggling to deliver modern health care effectively. There is a need to support the transformation of the health care system for integrated care with organizational health literacy. MASK (Mobile Airways Sentinel Network) [1] is a new development of the ARIA (Allergic Rhinitis and its Impact on Asthma) initiative [2, 3]. It works closely with POLLAR (Impact of Air POLLution on Asthma and Rhinitis, EIT Health) [4], and collaborates with professional and patient organizations in the field of allergy and airway diseases. MASK proposes real-life care pathways (ICPs) centred around the patient with rhinitis and/or asthma multimorbidity. It uses mHealth monitoring of environmental exposure and considers biodiversity. With the help of three EU projects (DigitalHealthEurope, Eurifi and Vigour) recently accepted on the digital transformation of health, MASK proposes a second change management strategy. The first one was the ARIA change management associated with the recognition and wide acceptance by all stakeholders of the essential links between rhinitis and asthma. The second one deals with change management of care pathways for rhinitis and asthma [5].

In the context of implementing communication on the digital transformation of health and care, specifically in relation to chapter 5 of the document “Digital tools for citizen empowerment and for person-centred care”, DG SANTE has taken steps towards supporting the scaling-up and wider implementation of good practices in the field of digitally-enabled, integrated, person-centred care. This work was carried out in collaboration with the newly-established Commission Expert Group, the “Steering Group on Health Promotion, Disease Prevention and Management of Non-Communicable Diseases”.

For this purpose, DG SANTE—in collaboration with the Commission’s Joint Research Centre—organized a “marketplace” workshop with the Joint Research Centre in Ispra, the third biggest European Commission site after Brussels and Luxembourg. The aim of this workshop was for representatives from Member States and other

countries participating in the 3rd Health Programme to learn more about the 10 good practices and key policy initiatives in the domain of digitally-enabled, integrated, person-centred care, with a view to possible transfer and replication of the presented practices.

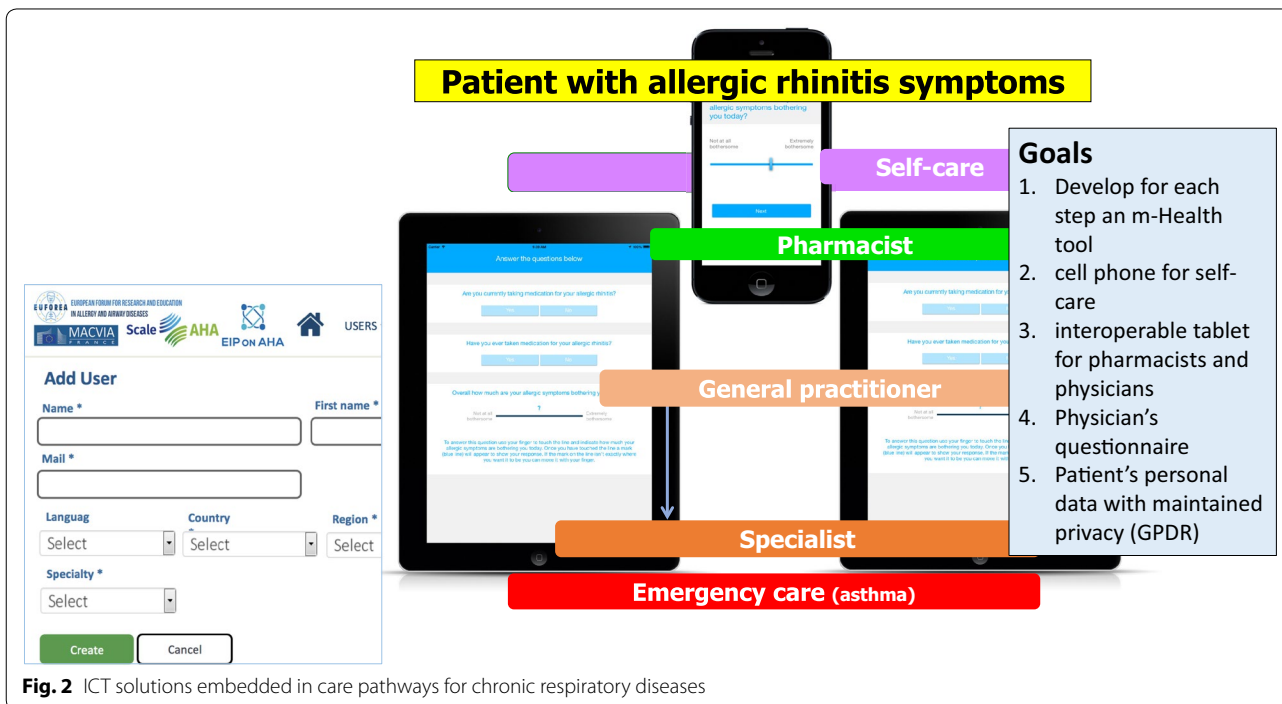
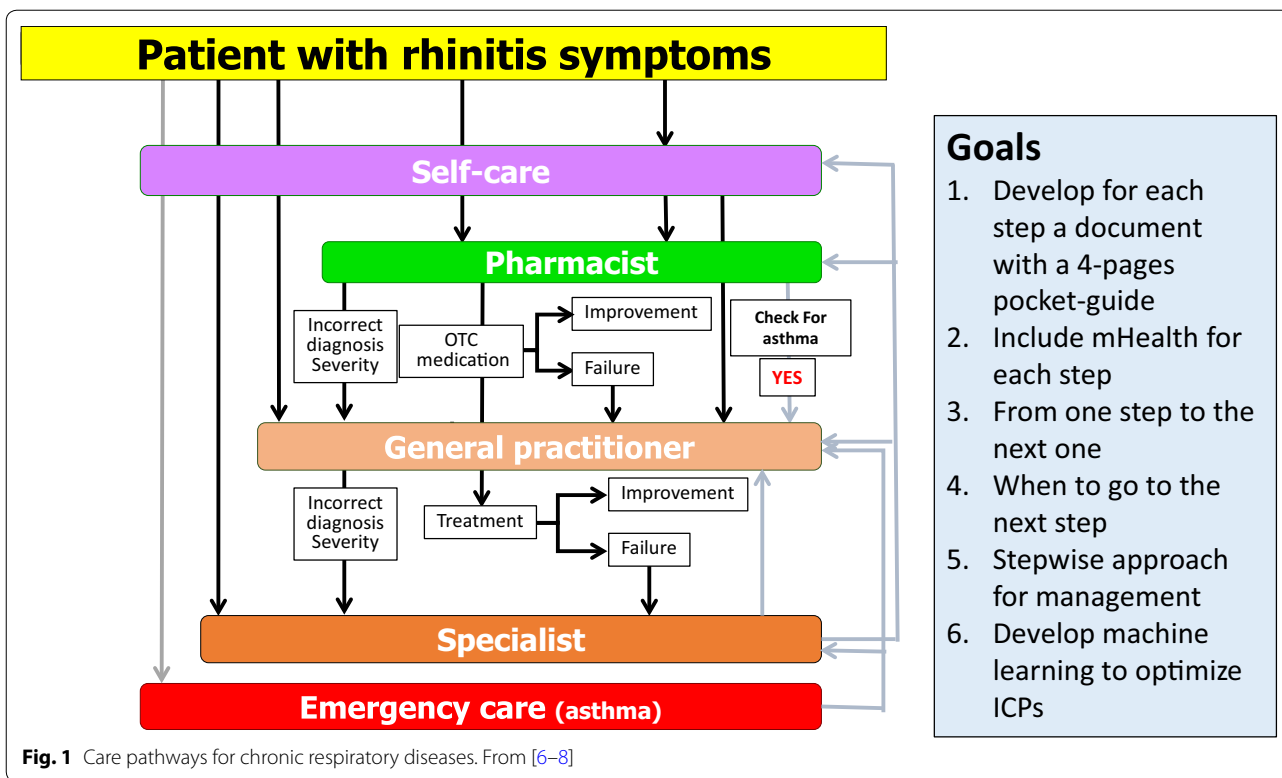
The current paper reviews the questions raised during the workshop concerning the good practice on allergic rhinitis and asthma: ARIA digitally-enabled, integrated, person-centred care for rhinitis and asthma multimorbidity using real-world evidence [1]. This practice is a GARD (Global Alliance against Chronic Respiratory Diseases) demonstration project.

The practice

The practice includes the care pathways defined in 2014 [6–8] (Fig. 1) as well as ICT (Information and Communication Technology) solutions (cell phones for patients, inter-operable tablets for health care professionals and a web-based questionnaire for physicians) [1, 9] (Fig. 2). The aim is to develop a change management strategy for chronic diseases [5].

MASK is a patient-centred ICT system [8]. A mobile phone app (the *Allergy Diary*, now called MASK-air), central to MASK, is available in 23 countries. It has been validated [10] and found to be an easy and effective method of assessing the symptoms of allergic rhinitis (AR) and work productivity [10–13]. MASK follows the checklist for the evaluation of Good Practices developed by the European Union Joint Action JA-CHRODIS (Joint Action on Chronic Diseases and Promoting Healthy Ageing across the Life Cycle) [14]. One of the major aims of MASK is to provide care pathways [15] in rhinitis and asthma multimorbidity [16] including a sentinel network using the geolocation of users [17]. It can also inform the App users of the pollen and/or pollution risk level in their area, by means of geolocation (Table 1).

The practice has been developed for allergic rhinitis (and asthma multimorbidity), being the most common chronic disease globally [18, 19] and affecting all age groups from early childhood to old age. There are several unmet needs that should be addressed in an ICP. Moreover, the lessons learnt will benefit all chronic



diseases since rhinitis is considered as a mild disease although it impairs social life, school and work productivity considerably [20]. It is estimated that, in the EU,

work loss accounts for 30–100 b€ annually. Moreover, it is essential to consider mild chronic diseases and to establish health promotion and management strategies

Table 1 The ICT solution

App (MASK-air) deployed in 23 countries: TRL9 (Technology Readiness level), Electronic clinical decision support system (ARIA e-CDSS): TRL 7, e-physician questionnaire deployed in 16 countries: TRL9

MASK-air good practice [1, 14]

5-year work

App: 26,000 users, 23 countries, 17 languages

GDPR including geolocation [105]

GP of the EIP on AHA, follows CHRODIS [14]

Based on 11 EU grants (MeDALL [106], GA²LEN [107]) including—in 2018—POLLAR [4], VIGOUR, DigitalHealthEurope and Euriphi

From a validated “research” tool (2004–2018) to large scale deployment (2019–)

Validation with COSMIN guidelines [40]

Baseline characteristics [12]

Work productivity [41, 42]

EQ-5D [43]

Novel phenotypes of allergic diseases [44]

Adherence to treatment and novel approaches to inform the efficacy of treatment [45].

Patient’s organizations and scientific societies involved

GARD (WHO alliance)

Presented during WHO and EU ministerial meetings

Next-generation care pathways meeting (Dec 3, 2018) with the EIP on AHA, POLLAR (EIT Health) and GARD

47 MASK papers in 12 languages [99, 108, 109]

Dissemination according to the EIP on AHA [26]

Transfer of innovation (TWINNING [110])

Interoperable platform with MASK

25 RS plus Argentina, Australia, Brazil, Canada, Mexico [99, 108, 109]

700 patients enrolled

GDPR solutions being solved

ARIA e-CDSS [9, 111]

Interoperable platform with MASK

Based on an expert meeting

Electronic version available

GDPR solutions being solved

Developments

App for home services

App for sleep

App for COPD

App for other chronic diseases

early in life in order to prevent a severe outcome and to promote healthy ageing [21].

Level of care integration

MASK is used for the integration of primary and specialist care, of primary-secondary-tertiary health care, as well as of health and social care for disease management.

Deployment

Many of the GPs that are developed in one region (country) take into account health systems, availability of treatments and legal considerations which makes it difficult to scale up the practice without customization. MASK has taken the opposite direction starting with a tool immediately available in 10 languages and 14 countries and regularly scaled up. Moreover, the tool is included in a generic ICP (Fig. 2) that can be customized easily in any country globally.

Geographical scope of the practice

MASK was developed in English and is currently available in 23 countries and 17 languages (Table 2).

New countries

Deployment is in process in Bolivia, Colombia, Japan and Peru. The involvement of developing countries is needed to offer a practice for middle- and low-income countries that will benefit poverty areas of developed countries and that will be in line with the mission of GARD. Deployment to the US is being discussed with the National Institute for Allergy and Infectious diseases (NIH).

Transfer of innovation of allergic rhinitis and asthma multimorbidity in the elderly (MASK Reference Site Twinning, EIP on AHA)

The EIP on AHA includes 74 Reference Sites. The aim of this TWINNING is to transfer innovation from the MASK App to other reference sites. The phenotypic characteristics of rhinitis and asthma multimorbidity in adults and the elderly have been compared using validated mHealth tools (i.e. the Allergy Diary and CARAT [22]) in 23 Reference Sites or regions across Europe, Argentina, Australia, Brazil and Mexico [23].

Individuals/institutions reached

ARIA has been implemented in over 70 countries globally [3], and several governments use the practice. Approximately 26,000 users have registered to the MASK database. 700 patients have been enrolled in the Twinning. Due to privacy, there is no possibility of assessing users who have reported data.

Timeframe

The project was initiated in 1999 during a World Health Organization (WHO) workshop (ARIA) and undergoes continuous developments. The ARIA initiative, commenced during a WHO workshop in 1999 [2], has been further developed by the WHO Collaborating Center

Table 2 List of countries using MASK-air

Total downloads of the Allergy Diary-MASK-air app, worldwide in 2018													
Country/	Dec	Nov	Oct	Sep	Aug	July	June	May	April	March	Feb	Jan	
AR	233	229	219	187	133	131	127	122	110	102	85	6	
AT	874	869	863	861	856	850	844	795	749	739	727	714	
AU	368	357	326	310	294	288	284	269	257	244	232	215	
BE	286	281	276	263	255	251	242	217	192	185	179	170	
BR	2967	2915	2853	2799	2726	2682	2645	2568	2514	2449	2377	2297	
CA	68	68	66	66	60	58	57	51	47	44	42	38	
CH	1765	1756	1751	1745	1738	1733	1729	1646	1075	947	930	915	
CZ	73	71	67	66	65	63	59	51	25	16	8	5	
DE	1515	1476	1447	1415	1367	1340	1296	1172	1001	943	884	849	
DK	198	196	195	194	192	189	185	173	164	161	160	156	
ES	1341	1313	1264	1230	1180	1151	1105	1015	940	885	834	777	
FI	642	627	614	605	597	595	581	555	514	503	492	468	
FR	1779	1755	1729	1697	1668	1644	1607	1476	1146	1089	1074	1049	
GB	1435	1399	1363	1333	1297	1281	1239	1157	1087	1060	1029	988	
GR	465	453	432	420	410	406	396	374	353	330	298	282	
IT	2617	2570	2522	2490	2463	2445	2419	2348	2222	2159	2114	2057	
LT	740	726	711	695	679	675	657	611	533	474	460	424	
MX	1566	1537	1497	1461	1357	1324	1285	1234	1175	1135	1050	975	
NL	1755	1741	1717	1707	1683	1665	1626	1442	735	677	650	621	
PL	1745	1711	1673	1637	1594	1550	1489	1333	1127	1075	1044	1006	
PT	2704	2683	2661	2642	2615	2597	2570	2497	2452	2353	2323	2284	
SE	272	265	252	249	237	232	231	214	199	197	190	183	
TR	498	477	469	453	435	431	424	408	376	363	331	291	
Total	25906	25475	24967	24525	23901	23581	23097	21728	18993	18130	17513	16770	

AR Argentina, AT Austria, AU Australia, Be Belgium, BR Brazil, CA Canada, CH Switzerland, CZ Czech Republic, DE Germany, DK Denmark, ES Spain, FI Finland, FR France, GB Great Britain, GR Greece, IT Italy, LT Lithuania, MX Mexico, NL The Netherlands, PL Poland, PT Portugal, SE Sweden, TR Turkey

for Asthma and Rhinitis (2002–2013). The initial goals (Phase 1) were (1) to propose a new AR classification, (2) to promote the concept of multimorbidity in asthma and rhinitis and (3) to develop guidelines with all stakeholders that could be used globally for all countries and all populations. ARIA has been disseminated and implemented in over 70 countries [3, 19, 24–32]. It was developed as a guideline [19] using the GRADE approach [33–39].

MASK, the Phase 3 ARIA initiative, is focusing on (1) the implementation of multi-sectoral care pathways (2) using emerging technologies (3) with real world data (4) for individualized and predictive medicine (5) in rhinitis and asthma multimorbidity (6) by a multi-disciplinary group or by patients themselves (self-care) using the AIRWAYS ICPs algorithm (7) across the life cycle [8, 17]. It will be scaled up using the EU EIP on AHA strategy [26].

Phase 4 began in 2018. It concerns “change management” and includes the impact of air pollution in asthma and rhinitis (EIT Health 2018–2019: POLLAR, Impact of Air POLLution in Asthma and Rhinitis) [4] as well as the digital transformation of health and care (DigitalHealthEurope, Euriphi and Vigour).

Developments for 2019 include a multimorbidity App and the deployment of an app for home services.

The MASK project is intended to be sustainable and a business plan has been initiated.

The medium-term future is to develop care pathways for the prevention and control of chronic diseases to sustain planetary health. A symposium during the Finnish Presidency of the EU Council is planned for October 2019.

Scientific evidence and conceptual framework for configuring the practice

The scientific evidence is based on a validated “research” tool (The Allergy Diary, –2018) that has led to large scale deployment (MASK-air, 2019–):

- Validation of the app using COSMIN guidelines [40].
- Baseline characteristics informed [12].
- Work productivity associated with the control of allergic diseases [41, 42].
- EQ-5D is available and has been found to correlate to baseline characteristics [43].
- Novel phenotypes of allergic diseases have been discovered [44].

- Adherence to treatment is extremely low and novel approaches to inform the efficacy of treatment have been proposed [45] leading to novel studies for a better understanding of guidelines [46, 47].

Evidence of impact

MASK has identified novel phenotypes of allergic diseases [44] that have been confirmed in classical epidemiologic studies by re-analyzing them [48–51]. One of the studies used the MASK baseline characteristics [49]. These phenotypes allowed the re-classification of allergic multimorbidity and the discovery of a new extreme phenotype of allergic diseases that need to be considered in the stratification of patients.

MASK has shown real-life mHealth data for the first time in allergy treatment in 9,950 users [1, 45]. This led to next-generation care pathways for allergic diseases (meeting co-organized by POLLAR, a member of EIT Health, EIP on AHA and GARD (WHO alliance): 3-12-2018) and proposed a change management strategy [5].

MASK is involved in an EIT Health project (POLLAR) which assesses the interactions between air pollution, asthma and rhinitis [4].

With the EIP on AHA, MASK is involved in 3 EU projects on the digital transformation of health and care (DigiHealthEurope, Euriphi and Vigour).

MASK is also involved in a large project on Planetary Health in a side event which will take place during the Presidency of the EU council (Finland). This event will gather researchers, academic leaders and other experts from European institutions as well as other stakeholders and will discuss Planetary Health global challenges and their scientific solutions. Experts on human health as well as on effects of climate change, urbanization and food production will be invited to prepare a European initiative to promote effective and sustainable research on planetary health issues. The event similarly aims at raising political awareness about the need for multidisciplinary and systemic approaches to Planetary Health issues globally and in the EU. The multimorbid App developed by MASK may be used in the project.

Contextual relevance

The practice addresses a public health priority

Chronic respiratory diseases (CRDs) are major non-communicable diseases (NCDs) [18]. Rhinitis and asthma multimorbidity is common and the two diseases should be considered jointly [19]. Asthma is the most common NCD in children and rhinitis is the most common chronic disease in Europe. They often start early in life, persist across the life cycle and cause a high disease

burden in all age groups [19]. By 2020, rhinitis will affect at least 20% of the old age population [52–56]. These diseases represent an enormous burden associated to medical and social costs and they impact health and social inequalities.

The practice is based on a local/regional/national strategic action plan

The Polish Presidency of the EU Council (3051st Council Conclusions) made the prevention, early diagnosis and treatment of asthma and allergic diseases a priority to reduce health inequalities [57, 58]. The 3206th Cyprus Council Conclusions [59] recommended that the diagnosis and treatment of chronic diseases should be initiated as early as possible to improve AHA. Debates at the European Parliament recommended the early diagnosis and management of CRDs in order to promote active and healthy ageing (AHA) [60–62].

The practice is also a WHO-associated project: Initial workshop (1999), WHO Collaborating Center for rhinitis and asthma (2004–2014), Global Alliance against Chronic Respiratory Diseases (GARD) [63, 64] demonstration project (2015–).

Unmet needs

Several unmet needs have been identified in allergic diseases. They include (1) suboptimal rhinitis and asthma control due to medical, cultural and social barriers [65, 66], (2) better understanding of endotypes [67], phenotypes and multimorbidities, (3) assessment of allergen and pollutants as risk factors to promote sentinel networks in care pathways, (4) stratification of patients for optimized care pathways [68] and (5) promotion of multidisciplinary teams within integrated care pathways, endorsing innovation in clinical trials and encouraging patient empowerment [17, 69].

Overall goal

The general objective of AIRWAYS-ICPs [6–8] is to develop multi-sectoral ICPs for CRDs used across European countries and regions in order to (1) reduce the burden of the diseases in a patient-centred approach, (2) promote AHA, (3) create a care pathways simulator tool which can be applied across the life cycle and in older adults, (4) reduce health and social inequalities, (5) reduce gender inequalities, (6) use the lessons learned in CRDs for chronic diseases and (7) promote SDG3 (more specifically 3.4) (<https://www.who.int/sdg/targets/en/>). In September 2015, the UN General Assembly established the Sustainable Development Goals (SDGs), a set of global goals for fair and sustainable health at every level from planetary biosphere to

local community [70, 71], essential for sustainable development. SDG 3 prioritizes health and well-being for all ages.

The aim of AIRWAYS-ICPs is also to generalise the approach of the uniform definition of severity, control and risk of severe asthma presented to WHO [66] and allergic diseases [72] in order to develop a uniform risk stratification usable for chronic diseases in most situations.

MASK further refined AIRWAYS ICPs using mobile technology to promote the digital transformation of health and care in developed and developing countries for all age groups.

Target population

In the initial phase, the target population included all patients with allergic rhinitis and asthma multimorbidity. Rhinitis and asthma are considered as a model for all chronic diseases and the project is being extended to chronic diseases.

All patients able to use a smartphone (≥ 12 years) represent the target population. A special effort is being placed in underserved populations from developing countries as the practice is a GARD (Global Alliance against Chronic Respiratory Diseases, WHO alliance) demonstration project.

Stakeholders involved

Involvement in the design, implementation (including the creation of ownership), evaluation, continuity/sustainability

As from the very first workshop in 1999, the ARIA initiative has included all stakeholders required to develop a WHO programme on CRDs (GARD). In particular, patient's organizations were involved. All health care professionals were also involved (physicians, primary care, pharmacists, other health care professionals). Another important component of ARIA was the deployment to developing countries [73]. Moreover, policy makers were also actively involved.

ARIA has grown regularly over the past 20 years and an ARIA chapter is ongoing in over 70 countries in all continents with a very active scaling up strategy [26]. MASK has used the ARIA working group to scale up the practice.

All stakeholders were highly receptive

The ARIA and now the MASK community is very cohesive and all members are extremely reactive. They have been particularly active in deploying MASK in the 23

countries and we have received requests from many other countries in which MASK-air is not yet available.

Resistance or conflict of interest: None

Implementation methodology/strategy

We used the scaling up strategy of the European Innovation Partnership on Active and Healthy Ageing and proposed a 5-step framework for developing an individual: (1) what to scale up: (1-a) databases of good practices, (1-b) assessment of viability of the scaling up of good practices, (1-c) classification of good practices for local replication and (2) how to scale up: (2-a) facilitating partnerships for scaling up, (2-b) implementation of key success factors and lessons learnt, including emerging technologies for individualized and predictive medicine. This strategy has already been applied to the chronic respiratory disease action plan of the European Innovation Partnership on Active and Healthy Ageing [26].

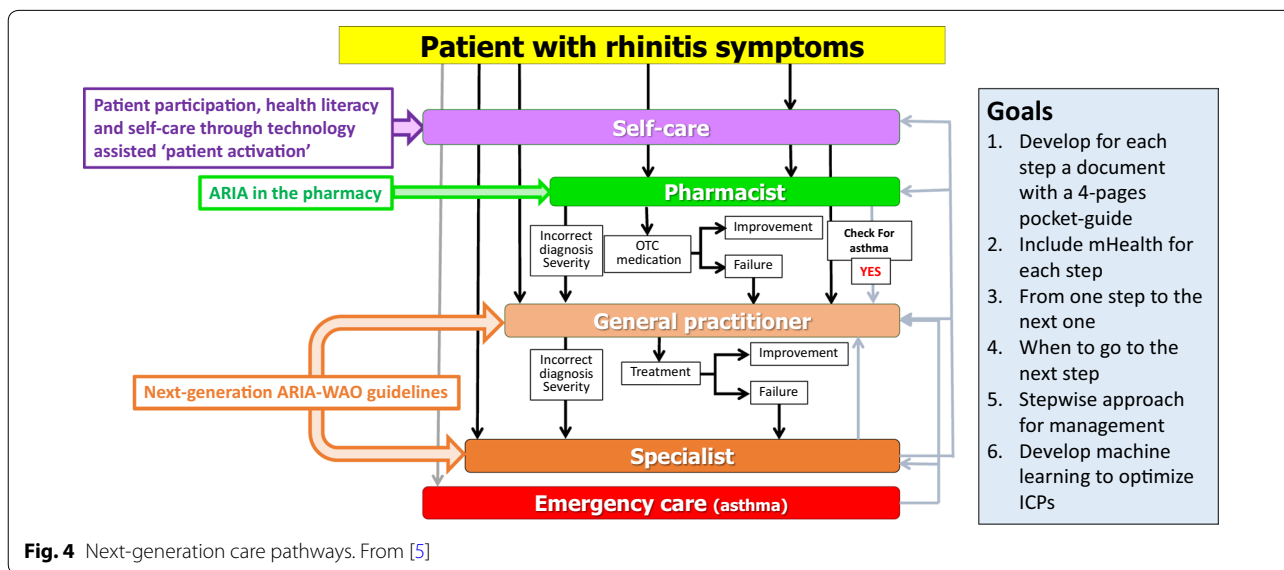
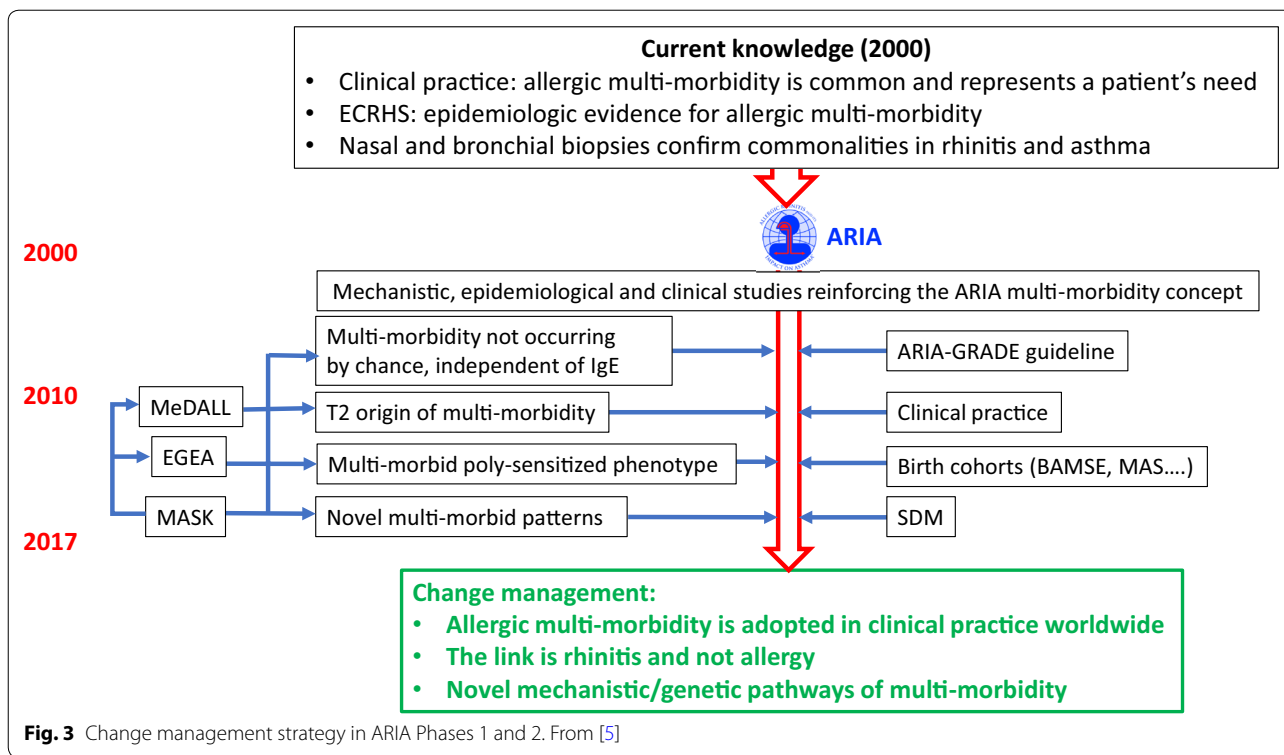
Consistency in the pace of delivery

For the past 20 years, ARIA has been a success story in over 72 countries [3, 8, 19, 24, 25, 27, 28, 30–32, 38, 46, 74–100]. A Pocket Guide has been translated into 52 languages. MASK is following ARIA with the same group and the same strategy.

Main outcomes and evaluation of the practice

The ARIA strategy was to change management in the treatment of asthma and rhinitis since nasal symptoms—often the most troublesome—were not considered in most asthmatics. Over 85% of asthma in children and adolescents is associated with rhinitis, suggesting common pathways, whereas only 20–30% of rhinitis patients have asthma, suggesting rhinitis-specific genes. There is a link between asthma severity and rhinitis multimorbidity. Asthma is more severe in patients with rhinitis [101]. The strategy at all levels of care indicates that it is essential to consider multimorbidity in the management of asthma for the benefit of the patient and the satisfaction of the treatment as shown in many surveys (Fig. 3). Some studies have found that the ARIA strategy is more effective than free treatment choice [102]. Moreover, EMA has used the ARIA recommendations for the approval of a house dust mite immunotherapy tablet including asthma and rhinitis multimorbidity [103].

The change management strategy of MASK has not yet been evaluated. However, the results of the first studies indicate that the vast majority of patients are not adherent to treatment [45] and that next-generation care pathways are needed (Figs. 4 and 5).



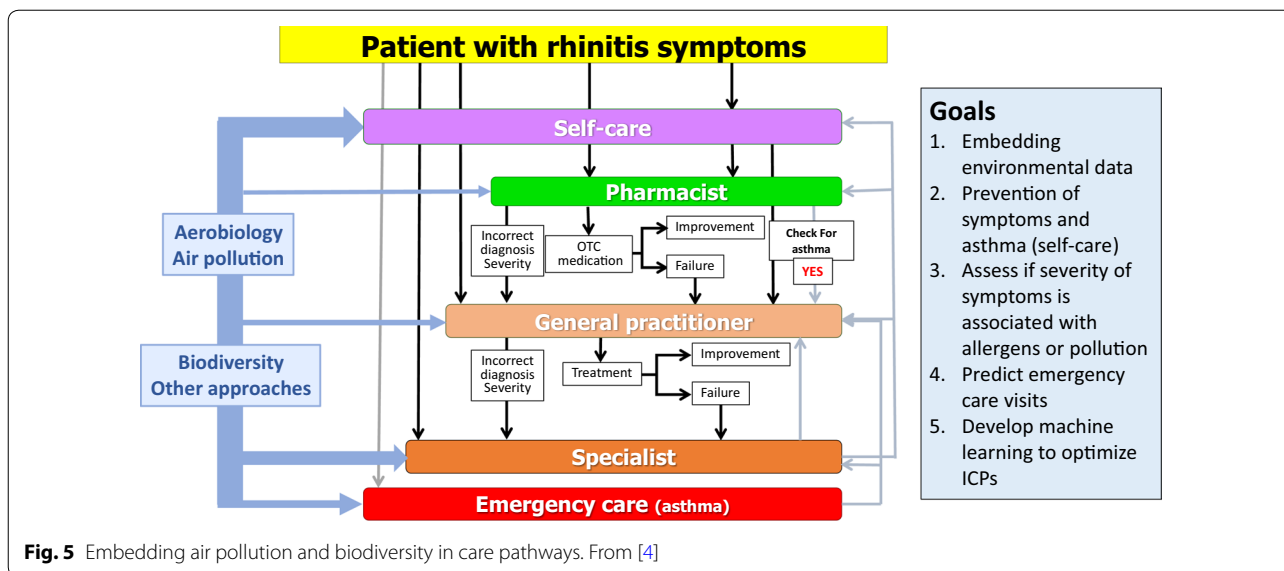
Next-generation care pathways were initiated in Paris, December 3, 2018, as part of POLLAR, MASK and GARD.

Additional (secondary) outcomes assessed

Work productivity and school performance are measured. When rhinitis and/or asthma are not well controlled, work productivity is impaired [1, 41, 43].

Sustainability of the practice

The MASK App, The *Allergy Diary*, was used to demonstrate the scientific value of the project [1]. It has been replaced by the commercial App, MASK-air, which is version 3.0 and which includes questionnaires (e.g. tobacco and allergens) and sleep (VAS and Epworth questionnaire [104]) (Fig. 6). A business plan is in place for the sustainability of the practice.



MASK Version 3

- Profile complement (tobacco)
- Complement of daily survey-sleep and sleepiness questions added
- Complement questionnaires (Epworth)

eit Health

Fig. 6 From *The Allergy Diary* to MASK-air

Communication about the practice and dissemination of results

A communication strategy has been set up [1] and includes a website (mask-air.com), media coverage, leaflets and newsletters, publications in scientific journals and lay press, partners’ networks and events. The MASK community includes over 300 members in all countries in which MASK is deployed.

Budget required to implement the practice

The budget required to implement the MASK strategy is around 1.5 M€. It will be provided by the private sector (1 M€) and from EU grants, in particular a Structural and Development Fund. POLLAR has an additive budget of 2 M€ to embed outdoor air pollution and aerobiology data in the ICP using artificial intelligence.

It is difficult to estimate human resources since many physicians worked in the 23 countries for the translation,



adaptation of the practice and its implementation. It can be proposed that 50–100 h have been spent working in each country.

The practice has been presented to multiple national and international meetings.

Sustainability has been carefully evaluated and a business plan is in place.

Main lessons learned

- Adherence to treatment is the major problem of allergic disease.
- Self-management strategies should be considerably expanded (behavioural).
- Change management is essential in allergic diseases.
- Education strategies should be reconsidered using a patient-centred approach.
- Lessons learned for allergic diseases can be expanded to chronic diseases.

Improvement and expansion of the practice

An expert meeting took place at the Pasteur Institute in Paris, December 3, 2018, to discuss next-generation care pathways and lessons learnt (Fig. 7, Annex 1): (1) patient participation, health literacy and self-care through technology-assisted “patient activation”, (2) implementation of care pathways by pharmacists and (3) next-generation guidelines assessing

the recommendations of GRADE guidelines in rhinitis and asthma using real-world evidence (RWE) assessed by mobile technology. The meeting was organized by POLLAR and MASK in collaboration with GARD, patient’s organizations and all European scientific societies in the field.

Abbreviations

AHA: active and healthy ageing; AIRWAYS ICPS: integrated care pathways for airway diseases; AR: allergic rhinitis; ARIA: allergic rhinitis and its impact on asthma; CDSS: clinical decision support system; CRD: chronic respiratory disease; DG CONNECT: directorate general for communications networks, content and technology; DG Santé: directorate general for health and food safety; EIP on AHA: European innovation partnership on AHA; EIP: European innovation partnership; EQ-5D: euroqol; Euforea: European forum for research and education in allergy and airways diseases; GARD: global alliance against chronic respiratory diseases; GP: good practice; HCP: health care professional; ICP: integrated care pathway; JA-CHRODIS: joint action on chronic diseases and promoting healthy ageing across the life cycle; MACVIA-LR: contre les MALadies chroniques pour un Vieillissement Actif (Fighting chronic diseases for AHA); MASK: Mobile airways sentinel network; MeDALL: Mechanisms of the development of ALLergy (FP7); mHealth: mobile health; NCD: non-communicable disease; POLLAR: impact of air POLLution on Asthma and Rhinitis; QOL: quality of life; TRL: technology readiness level; VAS: visual analogue scale; WHO: World Health Organization; WPAL-AS: Work Productivity and Activity questionnaire.

Authors’ contributions

All authors are MASK members and have contributed to the design of the project. Many authors also included users and disseminated the project in their own country. All authors read and approved the final manuscript.

Author details

¹ MACVIA-France, Fondation Partenariale FMC VIA-LR, CHU Arnaud de Villeneuve, 371 Avenue du Doyen Gaston Giraud, 34295 Montpellier Cedex 5, France. ² INSERM U 1168, VIMA: Ageing and Chronic Diseases Epidemiological

- and Public Health Approaches, Villejuif, Université Versailles St-Quentin-en-Yvelines, UMR-S 1168, Montigny Le Bretonneux, France. ³ Euforea, Brussels, Belgium. ⁴ Humboldt-Universität zu Berlin, Berlin Institute of Health, Comprehensive Allergy Center, Department of Dermatology and Allergy, Charité, Universitätsmedizin Berlin, Berlin, Germany. ⁵ Medical Consulting Czarlewski, Levallois, France. ⁶ KYomed INNOV, Montpellier, France. ⁷ Center for Research in Health Technology and Information Systems, Faculdade de Medicina da Universidade do Porto, Medida, Lda Porto, Portugal. ⁸ UCIBIO, REQUINTE, Faculty of Pharmacy and Competence Center on Active and Healthy Ageing, University of Porto (Porto4Ageing), Porto, Portugal. ⁹ Faculty of Health Sciences and CICS – UBI, Health Sciences Research Centre, University of Beira Interior, Covilhã, Portugal. ¹⁰ Allergy Center, CUF Descobertas Hospital, Lisbon, Portugal. ¹¹ Imunoalergologia, Centro Hospitalar Universitário de Coimbra and Faculty of Medicine, University of Coimbra, Coimbra, Portugal. ¹² Division for Health Innovation, Campania Region and Federico II University Hospital Naples (R&D and DISMET), Naples, Italy. ¹³ CIRFF, Federico II University, Naples, Italy. ¹⁴ Personalized Medicine Clinic Asthma and Allergy, Humanitas Research Hospital, Humanitas University, Rozzano, Milan, Italy. ¹⁵ SOS Allergy and Clinical Immunology, USL Toscana Prato, Prato, Italy. ¹⁶ Department of Medical Sciences, Allergy and Clinical Immunology Unit, University of Torino & Mauriziano Hospital, Turin, Italy. ¹⁷ Consortium of Pharmacies and Services COSAFER, Salerno, Italy. ¹⁸ Unit of Geriatric Immunoallergy, University of Bari Medical School, Bari, Italy. ¹⁹ Department of Medicine, Surgery and Dentistry “Scuola Medica Salernitana”, University of Salerno, Salerno, Italy. ²⁰ Department of Otorhinolaryngology, Amsterdam University Medical Centre (AMC), Amsterdam, The Netherlands. ²¹ Department of Public Health and Primary Care, Leiden University Medical Center, Leiden, The Netherlands. ²² ProAR – Nucleo de Excelencia em Asma, Federal University of Bahia, Vitória da Conquista, Brazil. ²³ WHO GARD Planning Group, Salvador, Brazil. ²⁴ Department of Internal Medicine and Allergic Clinic of Professor Polydoro Ernani de Sao, Thiago University Hospital, Federal University of Santa Catarina (UFSC), Florianópolis, Brazil. ²⁵ Asthma Reference Center, Escola Superior de Ciências da Santa Casa de Misericórdia de Vitória, Vitória, Espírito Santo, Brazil. ²⁶ Center of Excellence in Asthma and Allergy, Médica Sur Clinical Foundation and Hospital, Mexico City, Mexico. ²⁷ Hospital General Regional 1 “Dr Carlos Mc Gregor Sanchez Navarro” IMSS, Mexico City, Mexico. ²⁸ Allergist, Mexico City, Mexico. ²⁹ Clinic of Children’s Diseases, and Institute of Health Sciences Department of Public Health, Vilnius University Institute of Clinical Medicine, Vilnius, Lithuania. ³⁰ European Academy of Paediatrics (EAP/UEMS-SP), Brussels, Belgium. ³¹ Clinic of Infectious, Chest Diseases, Dermatology and Allergy, Vilnius University, Vilnius, Lithuania. ³² Clinic of Children’s Diseases, Faculty of Medicine, Vilnius University, Vilnius, Lithuania. ³³ Faculty of Medicine, Vilnius University, Vilnius, Lithuania. ³⁴ Epidemiology of Allergic and Respiratory Diseases, Department Institute Pierre Louis of Epidemiology and Public Health, INSERM, Sorbonne Université, Medical School Saint Antoine, Paris, France. ³⁵ Department of Geriatrics, Montpellier University Hospital, Montpellier, France. ³⁶ EA 2991, Euromov, University Montpellier, Montpellier, France. ³⁷ CHU Dijon, Dijon, France. ³⁸ Allergist, La Rochelle, France. ³⁹ Sleep Unit, Department of Neurology, Hôpital Gui-de-Chauliac Montpellier, Montpellier, France. ⁴⁰ Inserm U1061, Montpellier, France. ⁴¹ UPRES EA220, Pôle des Maladies des Voies Respiratoires, Hôpital Foch, Université Paris-Saclay, Suresnes, France. ⁴² Allergist, Reims, France. ⁴³ Laboratoire HP2, Grenoble, INSERM, U1042, Université Grenoble Alpes, Grenoble, France. ⁴⁴ CHU de Grenoble, Grenoble, France. ⁴⁵ Allergy Department, Pasteur Institute, Paris, France. ⁴⁶ Conseil Général de l’Economie Ministère de l’Economie, de l’Industrie et du Numérique, Paris, France. ⁴⁷ Pneumologie et Soins Intensifs Respiratoires, Hôpitaux Universitaires Paris, Centre Hôpital Cochin, Paris, France. ⁴⁸ Association Asthme et Allergie, Paris, France. ⁴⁹ Allergy Unit, Department of Dermatology, University Hospital of Zurich, Zurich, Switzerland. ⁵⁰ Division of Internal Medicine, Asthma and Allergy, Barlicki University Hospital, Medical University of Lodz, Lodz, Poland. ⁵¹ Department of Prevention of Environmental Hazards and Allergology, Medical University of Warsaw, Warsaw, Poland. ⁵² ISGlobAL, Centre for Research in Environmental Epidemiology (CREAL), Barcelona, Spain. ⁵³ IMIM (Hospital del Mar Research Institute), Barcelona, Spain. ⁵⁴ CIBER Epidemiología y Salud Pública (CIBERESP), Barcelona, Spain. ⁵⁵ Universitat Pompeu Fabra (UPF), Barcelona, Spain. ⁵⁶ Allergy Section, Department of Internal Medicine, Hospital Vall d’Hebron & ARADYAL Research Network, Barcelona, Spain. ⁵⁷ Rhinology Unit and Smell Clinic, ENT Department, Hospital Clinic, University of Barcelona, Barcelona, Spain. ⁵⁸ Clinical and Experimental Respiratory Immunoallergy, IDIBAPS, CIBERES, University of Barcelona, Barcelona, Spain. ⁵⁹ Asthma UK Centre for Applied Research, The Usher Institute of Population Health Sciences and Informatics, The University of Edinburgh, Edinburgh, UK. ⁶⁰ Honorary Clinical Research Fellow, Allergy and Respiratory Research Group, Usher Institute of Population Health Sciences and Informatics, Medical School, University of Edinburgh, Edinburgh, UK. ⁶¹ The Usher Institute of Population Health Sciences and Informatics, The University of Edinburgh, Edinburgh, UK. ⁶² Asthma UK, Mansell Street, London, UK. ⁶³ International Primary Care Respiratory Group IPCRG, Aberdeen, Scotland, UK. ⁶⁴ Department of Otolaryngology, Head and Neck Surgery, University of Mainz, Mainz, Germany. ⁶⁵ Center for Rhinology and Allergy, Wiesbaden, Germany. ⁶⁶ Department of Otorhinolaryngology, Head and Neck Surgery, Section of Rhinology and Allergy, University Hospital Marburg, Philipps-Universität Marburg, Marburg, Germany. ⁶⁷ Corporate Member of Freie Universität Berlin, Humboldt-Universität zu Berlin, Charité - Universitätsmedizin Berlin, Berlin, Germany. ⁶⁸ Berlin Institute of Health, Comprehensive Allergy-Centre, Department of Dermatology and Allergy, Member of GA2LEN, Berlin, Germany. ⁶⁹ Institute of Medical Statistics, and Computational Biology, Medical Faculty, University of Cologne, Cologne, Germany. ⁷⁰ CRI-Clinical Research International-Ltd, Hamburg, Germany. ⁷¹ Department of Internal Medicine, Medical University of Graz, Graz, Austria. ⁷² Department of ENT, Medical University of Graz, Graz, Austria. ⁷³ Skin and Allergy Hospital, Helsinki University Hospital, University of Helsinki, Helsinki, Finland. ⁷⁴ Association of Finnish Pharmacies, Helsinki, Finland. ⁷⁵ Department of Lung Diseases and Clinical Immunology, Terveystalo Allergy Clinic, University of Turku, Turku, Finland. ⁷⁶ FILHA, Finnish Lung Association, Helsinki, Finland. ⁷⁷ Department of Pulmonary Diseases, Cerrahpasa Faculty of Medicine, Istanbul University-Cerrahpasa, Istanbul, Turkey. ⁷⁸ Department of Pulmonary Diseases, Faculty of Medicine, Celal Bayar University, Manisa, Turkey. ⁷⁹ Division of Infection, Immunity and Respiratory Medicine, Royal Manchester Children’s Hospital, University of Manchester, Manchester, UK. ⁸⁰ Allergy Department, 2nd Pediatric Clinic, Athens General Children’s Hospital “P&A Kyriakou”, University of Athens, Athens, Greece. ⁸¹ Department of Otorhinolaryngology, University of Crete School of Medicine, Heraklion, Greece. ⁸² Health Planning Unit, Department of Social Medicine, Faculty of Medicine, University of Crete, Crete, Greece. ⁸³ University of Sydney and Woolcock Emphysema Centre and Local Health District, Woolcock Institute of Medical Research, Glebe, NSW, Australia. ⁸⁴ Department of Allergy, Immunology and Respiratory Medicine, Alfred Hospital and Central Clinical School, Monash University, Melbourne, VIC, Australia. ⁸⁵ Department of Immunology, Monash University, Melbourne, VIC, Australia. ⁸⁶ Servicio de Alergia e Inmunología, Clínica Santa Isabel, Buenos Aires, Argentina. ⁸⁷ Director of Center of Allergy, Immunology and Respiratory Diseases, Santa Fe, Argentina Center for Allergy and Immunology, Santa Fe, Argentina. ⁸⁸ Universidad Católica de Córdoba, Córdoba, Argentina. ⁸⁹ Department of Clinical Science and Education, Södersjukhuset, Karolinska Institutet, Stockholm, Sweden. ⁹⁰ Sachs’ Children and Youth Hospital, Södersjukhuset, Stockholm and Institute of Environmental Medicine, Karolinska Institutet, Stockholm, Sweden. ⁹¹ Centre for Clinical Research Sörmalund, Uppsala University, Eskilstuna, Sweden. ⁹² Upper Airways Research Laboratory, ENT Dept, Ghent University Hospital, Ghent, Belgium. ⁹³ Department of Otorhinolaryngology, Univ Hospitals Leuven, Louvain, Belgium. ⁹⁴ Academic Medical Center, Univ of Amsterdam, Amsterdam, The Netherlands. ⁹⁵ Department of Respiratory Medicine, Ghent University Hospital, Ghent, Belgium. ⁹⁶ EFA European Federation of Allergy and Airways Diseases Patients’ Associations, Brussels, Belgium. ⁹⁷ Department of Dermatology and Allergy Centre, Odense University Hospital, Odense Research Center for Anaphylaxis (ORCA), Odense, Denmark. ⁹⁸ Department of Medicine, Clinical Immunology and Allergy, McMaster University, Hamilton, ON, Canada. ⁹⁹ Quebec Heart and Lung Institute, Laval University, Québec City, QC, Canada. ¹⁰⁰ Clinical Medicine, Laval’s University, Québec City, Canada. ¹⁰¹ Medicine Department, Hôpital de la Malbaie, Québec, Canada. ¹⁰² Department of Health Research Methods, Evidence and Impact, Division of Immunology and Allergy, McMaster University, Hamilton, ON, Canada. ¹⁰³ Department of Respiratory Medicine, University Hospital Olomouc, Olomouc, Czech Republic. ¹⁰⁴ Peer-code BV, Geldermalsen, The Netherlands. ¹⁰⁵ Faculty of Medicine, Transylvania University, Brasov, Romania. ¹⁰⁶ Department of Allergy and Immunology, Hospital Quirón Bizkaia, Erandio, Spain. ¹⁰⁷ iQ4U Consultants Ltd, London, UK. ¹⁰⁸ Division of Allergy/Immunology, University of South Florida, Tampa, USA. ¹⁰⁹ Section of Allergy and Immunology, Saint Louis University School of Medicine, Saint Louis, MO, USA. ¹¹⁰ Clinical Research Center for Allergy and Rheumatology, Sagami National Hospital, Sagami, Japan. ¹¹¹ Medical Communications Consultant, MedScript Ltd (Ireland & New

Institute of Health, Comprehensive Allergy Center, Department of Dermatology and Allergy, Global Allergy and Asthma European Network (GA²LEN), Berlin, Germany. ³⁶Dept of Respiratory Medicine, National Institute of Diseases of the Chest and Hospital, Dhaka, Bangladesh. ³⁷Centre for Individualized Medicine, Department of Pediatrics, Faculty of Medicine, Linköping, Sweden. ³⁸Department of Prevention of Environmental Hazards and Allergology, Medical University of Warsaw, Poland. ³⁹BIEBER. Department of Dermatology and Allergy, Rheinische Friedrich-Wilhelms-University Bonn, Bonn, Germany. ⁴⁰Dept of Biochemistry and Clinical Chemistry, University of Pharmacy with the Division of Laboratory Medicine, Warsaw Medical University, Warsaw, Poland. ⁴¹Department of Dermatology and Allergy Centre, Odense University Hospital, Odense Research Center for Anaphylaxis (ORCA), Odense, Denmark. ⁴²Department of Respiratory Medicine and Allergology, University Hospital, Lund, Sweden. ⁴³Department of Geriatrics, Montpellier University Hospital, Montpellier, France. ⁴⁴EA 2991, Euroinov, University Montpellier, France. ⁴⁵Department of Pathophysiology and Transplantation, University of Milan, IRCCS Fondazione CàGranda Ospedale Maggiore Policlinico, Milan, Italy. ⁴⁶Argentine Association of Respiratory Medicine, Buenos Aires, Argentina. ⁴⁷Division of Internal Medicine, Asthma and Allergy, Barlicki University Hospital, Medical University of Lodz, Poland. ⁴⁸Pediatric Department, University of Verona Hospital, Verona, Italy. ⁴⁹UOC Pneumologia, Istituto di Medicina Interna, F. Policlinico Gemelli IRCCS, Università Cattolica del Sacro Cuore, Rome, Italy, and National Heart and Lung Institute, Royal Brompton Hospital & Imperial College London, UK. ⁵⁰Second University of Naples and Institute of Translational Medicine, Italian National Research Council. ⁵¹Woolcock Institute of Medical Research, University of Sydney and Woolcock Emphysema Centre and Local Health District, Glebe, NSW, Australia. ⁵²Allergist, La Rochelle, France. ⁵³Associate Professor of Clinical medicine, Laval's University, Quebec city, Head of medicine department, Hôpital de la Malbaie, Quebec, Canada. ⁵⁴Quebec Heart and Lung Institute, Laval University, Québec City, Quebec, Canada. ⁵⁵Centre Hospitalier Valenciennes, France. ⁵⁶Head of Department of Clinical Pharmacy of Lithuanian University of Health Sciences, Kaunas, Lithuania. ⁵⁷Institute of Lung Health, Respiratory Biomedical Unit, University Hospitals of Leicester NHS Trust, Leicestershire, UK; Department of Infection, Immunity and Inflammation, University of Leicester, Leicester, UK. ⁵⁸Department of Health Research Methods, Evidence and Impact, Division of Immunology and Allergy, Department of Medicine, McMaster University, Hamilton, ON, Canada. ⁵⁹Chief of the University Pneumology Unit- AOU Molinette, Hospital City of Health and Science of Torino, Italy. ⁶⁰Universitätsmedizin der Johannes Gutenberg-Universität Mainz, Mainz, Germany. ⁶¹Pharmacist, Municipality Pharmacy, Sarno, Italy. ⁶²University of Medicine and Pharmacy Victor Babes, Timisoara, Romania. ⁶³Instituto de Pediatría, Hospital Zambrano Hellion Tec de Monterrey, Monterrey, Mexico. ⁶⁴Imperial College and Royal Brompton Hospital, London, UK. ⁶⁵Centro Medico Docente La Trinidad, Caracas, Venezuela. ⁶⁶Regional Director Assofarm Campania and Vice President of the Board of Directors of Cofaser, Salerno, Italy. ⁶⁷Service de pneumologie, CHU et université d'Auvergne, Clermont-Ferrand, France. ⁶⁸Department of Respiratory Diseases, Montpellier University Hospital, France. ⁶⁹Imperial College London - National Heart and Lung Institute, Royal Brompton Hospital NHS, London, UK. ⁷⁰Federal University of Minas Gerais, Medical School, Department of Pediatrics, Belo Horizonte, Brazil. ⁷¹Assitant Director General, Montpellier, Région Occitanie, France. ⁷²Mayor of Sarno and President of Salerno Province, Director, Anesthesiology Service, Sarno "Martiri del Villa Malta" Hospital, Italy. ⁷³Allergy Section, Department of Internal Medicine, Hospital Vall d'Hebron & ARADyAL Spanish Research Network, Barcelona, Spain. ⁷⁴Department of Paediatrics, Oslo University Hospital and University of Oslo, Oslo, Norway. ⁷⁵CEDOC, Integrated Pathophysiological Mechanisms Research Group, Nova Medical School, Campo dos Martires da Patria, Lisbon, and Serviço de Imunoalergologia, Centro Hospitalar de Lisboa Central, EPE, Lisbon, Portugal. ⁷⁶Regional Ministry of Health of Andalusia, Seville, Spain. ⁷⁷Allergy and Asthma Associates of Southern California, Mission Viejo, CA, USA. ⁷⁸ASA - Advanced Solutions Accelerator, Clapiers, France. ⁷⁹Division of Allergy/Immunology, University of South Florida, Tampa, Fla, USA. ⁸⁰Celentano pharmacy, Massa Lubrense, Italy. ⁸¹SOS Allergology and Clinical Immunology, USL Toscana Centro, Prato, Italy. ⁸²Allergy and Immunology Laboratory, Metropolitan University Hospital, Branquillá, Columbia. ⁸³Department of Public Health and Primary Care, Leiden University Medical Center, Leiden, The Netherlands. ⁸⁴Capital Institute of Pediatrics, Chaoyang district, Beijing, China. ⁸⁵School of Medicine, University CEU San Pablo, Madrid, Spain. ⁸⁶David Tvidiani Medical University - Aieti Highest Medical School, David Tatishvili Medical Center Tbilisi, Georgia. ⁸⁷Pulmonology Research Institute FMBA, Moscow, Russia and GARD Executive Committee, Moscow, Russia. ⁸⁸National Heart & Lung Institute, Imperial College, London, UK. ⁸⁹Specialist social worker, Sorrento, Italy. ⁹⁰Argentine Federation of Otorhinolaryngology Societies, Buenos Aires, Argentina. ⁹¹Eskisehir Osmangazi University, Medical Faculty, ENT Department, Eskisehir, Turkey. ⁹²Medicine Department, IRCCS-Azienda Ospedaliera Universitaria San Martino, Genoa, Italy. ⁹³Universidade Federal da Bahia, Escola de Enfermagem, Brazil. ⁹⁴Plateforme Transversale d'Allergologie, Institut du Thorax, CHU de Nantes, Nantes, France. ⁹⁵LANUA International Healthcare Consultancy, Northern Ireland, UK. ⁹⁶Innovación y nuevas tecnologías, Salud Sector sanitario de Barbastro, Barbastro, Spain. ⁹⁷Innovation and Research Office, Department of Health and Social Solidarity, Autonomous Province of Trento, Italy. ⁹⁸Lifeand Health Sciences Research Institute (ICVS), School of Medicine, University of Minho, Braga, Portugal; ICVS/3B's, PT Government Associate Laboratory, Braga/Guimarães, Portugal. ⁹⁹Servicio de Allergologia, Hospital Angeles del Carmen, Guadalajara, Mexico. ¹⁰⁰FIMMG (Federazione Italiana Medici di Medicina Generale), Milan, Italy. ¹⁰¹UCIBIO, REQUINTE, Faculty of Pharmacy and Competence Center on Active and Healthy Ageing of University of Porto (Porto4Ageing), Porto, Portugal. ¹⁰²Allergologo, Mexico City, Mexico. ¹⁰³IMT Mines Alès, Université Montpellier, Alès, France. ¹⁰⁴Department of Medicine, Nova Southeastern University, Davie, University of Miami Dept of Medicine, Miami, Florida, USA. ¹⁰⁵Regional Director Assofarm Campania and Vice President of the Board of Directors of Cofaser, Salerno, Italy. ¹⁰⁶ProAR - Nucleo de Excelencia em Asma, Federal University of Bahia, Brasil and WHO GARD Planning Group, Brazil. ¹⁰⁷Centre for Respiratory Medicine and Allergy, Institute of Inflammation and Repair, University of Manchester and University Hospital of South Manchester, Manchester, UK. ¹⁰⁸Medical Consulting Czarlewski, Levallois, France. ¹⁰⁹The Centre for Allergy Research, The Institute of Environmental Medicine, Karolinska Institutet, Stockholm, Sweden. ¹¹⁰Azienda Provinciale per i Servizi Sanitari di Trento (APSS-Trento), Italy. ¹¹¹Department of Internal Medicine and Allergy Clinic of Professor Polydoro Ernani de São Thiago University Hospital, Federal University of Santa Catarina (UFSC), Florianópolis, Santa Catarina, Brazil. ¹¹²Sleep Unit, Department of Neurology, Hôpital Gui-de-Chauliac Montpellier, Inserm U1061, France. ¹¹³Department of Dermatology and Allergy, Technische Universität München, Munich, Germany; ZAUM-Center for Allergy and Environment, Helmholtz Center Munich, Technische Universität München, Munich, Germany. ¹¹⁴Allergy Division, Chest Disease Department, University Hospital of Strasbourg, Strasbourg, France. ¹¹⁵EFA European Federation of Allergy and Airways Diseases Patients' Associations, Brussels, Belgium. ¹¹⁶AQUAS, Barcelona, Spain & EUREGHA, European Regional and Local Health Association, Brussels, Belgium. ¹¹⁷Policlínica Geral do Rio de Janeiro, Rio de Janeiro - Brasil. ¹¹⁸Department of Medicine, Surgery and Dentistry "Scuola Medica Salernitana", University of Salerno, Salerno, Italy. ¹¹⁹Peercod BV, Geldermalsen, The Netherlands. ¹²⁰Social workers coordinator, Sorrento, Italy. ¹²¹Federal University of the State of Rio de Janeiro, School of Medicine and Surgery, Rio de Janeiro, Brazil. ¹²²Allergology and Immunology Discipline, "Lilui Hatieganu" University of Medicine and Pharmacy, Cluj-Napoca, Romania. ¹²³Department of Medicine, Division of Clinical Immunology and Allergy, McMaster University, Hamilton, Ontario, Canada. ¹²⁴Laboratoire de Pharmacologie Respiratoire UPRES EA220, Hôpital Foch, Suresnes, Université Versailles Saint-Quentin, Université Paris Saclay, France. ¹²⁵Farmacie Dei Golfi Group, Massa Lubrense, Italy. ¹²⁶Rangueil-Larrey Hospital, Respiratory Diseases Department, Toulouse, France. ¹²⁷University Clinic of Pulmology and Allergy, Medical Faculty Skopje, Republic of Macedonia. ¹²⁸Allergologo, Mexico City, Mexico. ¹²⁹Service de Pneumo-Allergologie, Centre Hospitalo-Universitaire de Béni-Messous, Algiers, Algeria. ¹³⁰Clinic of infectious, chest diseases, dermatology and allergology, Vilnius University, Vilnius, Lithuania. ¹³¹Allergy and Clinical Immunology National Heart and Lung Institute, Imperial College London, UK. ¹³²Guy's and St Thomas' NHS Trust, Kings College London, UK. ¹³³Section of Allergy and Immunology, Saint Louis University School of Medicine, Saint Louis, Missouri, USA. ¹³⁴Pediatric Allergy and Immunology Unit, Children's Hospital, Ain Shams University, Cairo, Egypt. ¹³⁵Department of Computing Science, Umeå University, Sweden and Four Computing Oy, Finland. ¹³⁶Clinic of Children's Diseases, Faculty of Medicine, Vilnius University, Vilnius, Lithuania. ¹³⁷University of São Paulo Medical School, Sao Paulo, Brazil. ¹³⁸Andalusian Agency for Healthcare Quality, Seville, Spain. ¹³⁹Global Allergy and Asthma Platform GAAPP, Vienna, Austria. ¹⁴⁰Division of Allergy, Department of Pediatric Medicine - The Bambino Gesù Children's Research Hospital Holy See, Rome, Italy. ¹⁴¹Department of Otorhinolaryngology, Academic Medical Centers, Amsterdam, the Netherlands. ¹⁴²CINTESIS, Center for Research in Health Technologies and Information Systems, Faculdade de Medicina da

- Universidade do Porto, Porto, Portugal and MEDIDA, Lda, Porto, Portugal.
- ¹⁴³Allergist, Reims, France. ¹⁴⁴Hospital General Regional 1 "Dr Carlos Mc Gregor Sanchez Navarro" IMSS, Mexico City, Mexico. ¹⁴⁵Regional hospital of ISSSTE, Puebla, Mexico. ¹⁴⁶National Center for Disease Control and Public Health of Georgia, Tbilisi, Georgia. ¹⁴⁷Allergologo, Guadalajara, Mexico. ¹⁴⁸Allergy Clinic, National Institute of Respiratory Diseases, Mexico City, Mexico. ¹⁴⁹Department of Pulmonary Diseases, Istanbul University-Cerrahpasa, Cerrahpasa Faculty of Medicine, Istanbul, Turkey. ¹⁵⁰Allergology unit, UHATEM "NIPirogov", Sofia, Bulgaria. ¹⁵¹Medical University, Faculty of Public Health, Sofia, Bulgaria. ¹⁵²Allergy and Immunology Division, Clinica Ricardo Palma, Lima, Peru. ¹⁵³Department of Internal Medicine, section of Allergology, Erasmus MC, Rotterdam, The Netherlands. ¹⁵⁴Allergy & Asthma Unit, Hospital San Bernardo Salta, Argentina. ¹⁵⁵Allergy Clinic, Hospital Regional del ISSSTE 'Lic. López Mateos', Mexico City, Mexico. ¹⁵⁶Head and Professor, Centro Regional de Excelencia CONACYT y WAO en Alergia, Asma e Inmunología, Hospital Universitario, Universidad Autónoma de Nuevo León, Monterrey NL, Mexico. ¹⁵⁷Center of Allergy and Immunology, Georgian Association of Allergology and Clinical Immunology, Tbilisi, Georgia. ¹⁵⁸Latvian Association of Allergists, Center of Tuberculosis and Lung Diseases, Riga, Latvia. ¹⁵⁹Federal District Base Hospital Institute, Brasília, Brazil. ¹⁶⁰Institute of Health Policy and Management iBMG, Erasmus University, Rotterdam, The Netherlands. ¹⁶¹University Hospital Olomouc – National eHealth Centre, Czech Republic. ¹⁶²Immunology and Allergy Division, Clinical Hospital, University of Chile, Santiago, Chile. ¹⁶³Skin and Allergy Hospital, Helsinki University Hospital, University of Helsinki, Helsinki, Finland. ¹⁶⁴Centich: centre d'expertise national des technologies de l'information et de la communication pour l'autonomie, Gérontopôle autonomie longévité des Pays de la Loire, Conseil régional des Pays de la Loire, Centre d'expertise Partenariat Européen d'Innovation pour un vieillissement actif et en bonne santé, Nantes, France. ¹⁶⁵Autonomous University of Baja California, Ensenada, Baja California, Mexico. ¹⁶⁶Department of Paediatrics and Child Health, University College Cork, Cork, Ireland. ¹⁶⁷Hospital General Regional 1 "Dr. Carlos MacGregor Sánchez Navarro" IMSS, Mexico City, Mexico. ¹⁶⁸Université Paris-Sud; Service de Pneumologie, Hôpital Bicêtre; Inserm UMR_S999, Le Kremlin Bicêtre, France. ¹⁶⁹Dipartimento di medicina, chirurgia e odontoiatria, università di Salerno, Italy. ¹⁷⁰Division for Health Innovation, Campania Region and Federico II University Hospital Naples (R&D and DISMET) Naples, Italy. ¹⁷¹Servicio de Alergia e Inmunología, Clínica Santa Isabel, Buenos Aires, Argentina. ¹⁷²President, Libra Foundation, Buenos Aires, Argentina. ¹⁷³Medical University of Gdańsk, Department of Allergology, Gdansk, Poland. ¹⁷⁴Airway Disease Infection Section, National Heart and Lung Institute, Imperial College; MRC & Asthma UK Centre in Allergic Mechanisms of Asthma, London, UK. ¹⁷⁵Dept of Respiratory Medicine, Ghent University Hospital, Ghent, Belgium. ¹⁷⁶Hallym University College of Medicine, Hallym University Sacred Heart Hospital, Gyeonggi-do, South Korea. ¹⁷⁷Department of Clinical Immunology, Wrocław Medical University, Poland. ¹⁷⁸Ukrainina Medical Stomatological Academy, Poltava, Ukraine. ¹⁷⁹Pediatric Allergy and Asthma Unit, Hacettepe University School of Medicine, Ankara, Turkey. ¹⁸⁰Hacettepe University, School of Medicine, Department of Chest Diseases, Immunology and Allergy Division, Ankara, Turkey. ¹⁸¹Allergy Centre, Tampere University Hospital, Tampere, Finland. ¹⁸²First Department of Family Medicine, Medical University of Lodz, Poland. ¹⁸³Institute of Social Medicine, Epidemiology and Health Economics, Charité - Universitätsmedizin Berlin, Berlin, and Institute for Clinical Epidemiology and Biometry, University of Wuerzburg, Germany. ¹⁸⁴Department of Medicine, McMaster University, Health Sciences Centre 3V47, West, Hamilton, Ontario, Canada. ¹⁸⁵National Research Center, Institute of Immunology, Federal Medicobiological Agency, Laboratory of Molecular immunology, Moscow, Russian Federation. ¹⁸⁶GARD Chairman, Geneva, Switzerland. ¹⁸⁷Allergy & Asthma Center Westend, Berlin, Germany. ¹⁸⁸Center for Rhinology and Allergology, Wiesbaden, Germany. ¹⁸⁹Department of Immunology and Allergy, Healthy Ageing Research Center, Medical University of Lodz, Lodz, Poland. ¹⁹⁰Children's Hospital and University of Helsinki, Finland. ¹⁹¹Department of Clinical Science and Education, Södersjukhuset, Karolinska Institutet, Stockholm and Sachs' Children and Youth Hospital, Södersjukhuset, Stockholm, Sweden. ¹⁹²Faculty of Medicine, Vilnius University, Vilnius, Lithuania. ¹⁹³Department of Prevention of Environmental Hazards and Allergology, Medical University of Warsaw, Poland. ¹⁹⁴Center of Excellence in Asthma and Allergy, Médica Sur Clinical Foundation and Hospital, México City, Mexico. ¹⁹⁵Presidente CMMC, Milano, Italy. ¹⁹⁶Head of the Allergy Department of Pedro de Elizalde Children's Hospital, Buenos Aires, Argentina. ¹⁹⁷University of Medicine and Pharmacy, Hochiminh City, Vietnam. ¹⁹⁸Federal University of Bahia, Brazil. ¹⁹⁹Sifmed, Milano, Italy. ²⁰⁰State Key Laboratory of Respiratory Diseases, Guangzhou Institute of Respiratory Disease, the First Affiliated Hospital of Guangzhou Medical University, Guangzhou, China. ²⁰¹Departments of Internal Medicine and Pediatrics (Divisions of Allergy and Immunology), University of Tennessee College of Medicine, Germantown, TN, USA. ²⁰²Scottish Centre for Respiratory Research, Cardiovascular & Diabetes Medicine, Medical Research Institute, Ninewells Hospital, University of Dundee, UK. ²⁰³Oslo University Hospital, Department of Paediatrics, Oslo, and University of Oslo, Faculty of Medicine, Institute of Clinical Medicine, Oslo, Norway. ²⁰⁴Department of Pulmonary Medicine, CHU Sart-Tilman, and GIGA I3 research group, Liege, Belgium. ²⁰⁵Faculty of Health Sciences and CICS – UBI, Health Sciences Research Centre, University of Beira Interior, Covilhã, Portugal. ²⁰⁶Department of Philosophical, Methodological and Instrumental Disciplines, CUCS, University of Guadalajara, Guadalajara, Mexico. ²⁰⁷Department of Pulmonary Medicine, Rashid Hospital, Dubai, UAE. ²⁰⁸Biomax Informatics AG, Munich, Germany. ²⁰⁹Director General for Health and Social Care, Scottish Government, Edinburgh, UK. ²¹⁰Department of Respiratory Medicine, University of Bratislava, Bratislava, Slovakia. ²¹¹Coimbra Institute for Clinical and Biomedical Research (ICBR), Faculty of Medicine, University of Coimbra, Portugal; Ageing@Coimbra EIP-AHA Reference Site, Coimbra, Portugal. ²¹²Medical center Iskar Ltd Sofia, Bulgaria. ²¹³Department of Medicine (RCSI), Bon Secours Hospital, Glasnevin, Dublin, Ireland. ²¹⁴Kronikgune, International Centre of Excellence in Chronicity Research Barakaldo, Bizkaia, Spain. ²¹⁵Division of Clinical Immunology and Allergy, Laboratory of Behavioral Immunology Research, The University of Mississippi Medical Center, Jackson, Mississippi, USA. ²¹⁶Tobacco Control Research Centre/Iranian Anti Tobacco Association, Tehran, Iran. ²¹⁷Argentine Association of Allergy and Clinical Immunology, Buenos Aires, Argentina. ²¹⁸Hospital de Especialidades, Centro Medico Nacional Siglo XXI, Mexico City, Mexico. ²¹⁹University of Southeast Bahia, Brazil. ²²⁰Allergie-Centrum-Charité at the Department of Dermatology and Allergy, Charité - Universitätsmedizin Berlin, Germany. ²²¹Maputo Central Hospital, Department of Paediatrics, Maputo, Mozambique. ²²²Allergologo, Veracruz, Mexico. ²²³Sachs' Children and Youth Hospital, Södersjukhuset, Stockholm and Institute of Environmental Medicine, Karolinska Institutet, Stockholm, Sweden. ²²⁴Allergy and Asthma Medical Group and Research Center, San Diego, California, USA. ²²⁵CIRFF, Federico II University, Naples, Italy. ²²⁶Department of Physiology, CHRU, University Montpellier, Vice President for Research, PhyMedExp, INSERM U1046, CNRS UMR 9214, France. ²²⁷Croatian Pulmonary Society. ²²⁸National Institute of Pneumology M Nasta, Bucharest, Romania. ²²⁹Clinic for Pulmonary Diseases, Clinical Center of Serbia, Faculty of Medicine, University of Belgrade, Serbian Association for Asthma and COPD, Belgrade, Serbia. ²³⁰Regione Piemonte, Torino, Italy. ²³¹Col Jardines de Sta Monica, Tlalnepanitla, Mexico. ²³²National Center for Research in Chronic Respiratory Diseases, Tishreen University School of Medicine, Latakia, Syria. ²³³Department of Public health and health products, Paris Descartes University-Sorbonne Paris Cité, EA 4064 and Paris Municipal Department of social action, childhood, and health, Paris, France. ²³⁴Paris municipal Department of social action, childhood, and health, Paris, France. ²³⁵Lead Respiratory Physician Mater Dei Hospital Malta, Academic Head of Dept and Professor of Medicine University of Malta, Deputy Dean Faculty of Medicine and Surgery University of Medicine, La Valette, Malta. ²³⁶Department of Medical Sciences, Allergy and Clinical Immunology Unit, University of Torino & Mauriziano Hospital, Torino, Italy. ²³⁷Instituto de Prevision Social IPS HC, Socia de la SPAAI, Tesorera de la SLAAI, Asuncion, Paraguay. ²³⁸Allergy Center, CUF Descobertas Hospital, Lisbon, Portugal. ²³⁹Universidade de São Paulo, São Paulo, Brazil. ²⁴⁰Institute of Medical Statistics, and Computational Biology, Medical Faculty, University of Cologne, Germany and CRI-Clinical Research International-Ltd, Hamburg, Germany. ²⁴¹General Pathology Institute, Faculty of Medicine, University of Coimbra, Portugal; Ageing@Coimbra EIP-AHA Reference Site, Coimbra, Portugal. ²⁴²Federal University of Bahia, Brazil. ²⁴³Rhinology Unit & Smell Clinic, ENT Department, Hospital Clinic; Clinical & Experimental Respiratory Immunology, IDIBAPS, CIBERES, University of Barcelona, Spain. ²⁴⁴Danish Committee for Health Education, Copenhagen East, Denmark. ²⁴⁵Food Allergy Referral Centre Veneto Region, Department of Women and Child Health, Padua General University Hospital, Padua, Italy. ²⁴⁶Director, Medical Communications Consultant, MedScript Ltd, Dundalk, Co Louth, Ireland and New Zealand, and Honorary Research Fellow, OPC, Cambridge, UK. ²⁴⁷Johns Hopkins School of Medicine, Baltimore, Maryland, USA. ²⁴⁸General Manager of COFASER - Pharmacy Services Consortium, Salerno, Italy. ²⁴⁹Scientific Centre of Children's Health under the MoH, Moscow, Russian National Research Medical University named Pirogov, Moscow, Russia. ²⁵⁰Director of Center of Allergy, Immunology and Respiratory Diseases, Santa

Fe, Argentina Center for Allergy and Immunology, Santa Fe, Argentina. ²⁵¹Dept of Otorhinolaryngology, Medical University of Vienna, AKH, Vienna, Austria. ²⁵²Hospital of the Hospitaller Brothers in Buda, Budapest, Hungary. ²⁵³Die Hautambulanz and Rothhaar study center, Berlin, Germany. ²⁵⁴Neumología y Alergología Infantil, Hospital La Fe, Valencia, Spain. ²⁵⁵Center for Health Technology and Services Research - CINTESIS and Department of Internal Medicine, Centro Hospitalar Sao Joao, Porto, Portugal. ²⁵⁶Caisse d'assurance retraite et de la santé au travail du Languedoc-Roussillon (CARSAT-LR), Montpellier, France. ²⁵⁷Director of Department of Pharmacy of University of Naples Federico II, Naples, Italy. ²⁵⁸ENT Department, University Hospital of Kinshasa, Kinshasa, Congo. ²⁵⁹Department of Allergy, Immunology and Respiratory Medicine, Alfred Hospital and Central Clinical School, Monash University, Melbourne, Victoria, Australia; Department of Immunology, Monash University, Melbourne, Victoria, Australia. ²⁶⁰Medical center "Research expert", Varna, Bulgaria. ²⁶¹National Hospital Organization, Tokyo National Hospital, Tokyo, Japan. ²⁶²Dept of Otorhinolaryngology, Chiba University Hospital, Chiba, Japan. ²⁶³Dept of Otolaryngology, Nippon Medical School, Tokyo, Japan. ²⁶⁴Allergologo, Jalisco, Guadalajara, Mexico. ²⁶⁵Centre Hospitalier Universitaire Pédiatrique Charles de Gaulle, Ouagadougou, Burkina Faso. ²⁶⁶Dept of Comparative Medicine; Messerli Research Institute of the University of Veterinary Medicine and Medical University, Vienna, Austria. ²⁶⁷Department of Immunology and Allergology, Faculty of Medicine and Faculty Hospital in Pilsen, Charles University in Prague, Pilsen, Czech Republic. ²⁶⁸Division of Infection, Immunity & Respiratory Medicine, Royal Manchester Children's Hospital, University of Manchester, Manchester, UK, and Allergy Department, 2nd Pediatric Clinic, Athens General Children's Hospital "P&A Kyriakou," University of Athens, Athens, Greece. ²⁶⁹Department of Allergy and Clinical Immunology, Ajou University School of Medicine, Suwon, South Korea. ²⁷⁰Respiratory Medicine, Department of Medical Sciences, University of Ferrara, Ferrara, Italy. ²⁷¹Allergy and Respiratory Diseases, Ospedale Policlinico San Martino - University of Genoa, Italy. ²⁷²Farmacias Holon, Lisbon, Portugal. ²⁷³Department of Pediatrics, Nippon Medical School, Tokyo, Japan. ²⁷⁴University of Southern Denmark, Kolding, Denmark. ²⁷⁵Université Grenoble Alpes, Laboratoire HP2, Grenoble, INSERM, U1042 and CHU de Grenoble, France. ²⁷⁶Allergy Unit, CUF-Porto Hospital and Institute; Center for Research in Health Technologies and information systems CINTESIS, Universidade do Porto, Portugal. ²⁷⁷Sociologist, municipality area n33, Sorrento, Italy. ²⁷⁸Center for Rhinology and Allergology, Wiesbaden, Germany. ²⁷⁹Department of Otorhinolaryngology, Head and Neck Surgery, Universitätsmedizin Mannheim, Medical Faculty Mannheim, Heidelberg University, Mannheim, Germany. ²⁸⁰Centre for empowering people and communities, Dublin, UK. ²⁸¹Conseil Général de l'Economie Ministère de l'Economie, de l'Industrie et du Numérique, Paris, France. ²⁸²Société de Pneumologie de Langue Française, Espace francophone de Pneumologie, Paris, France. ²⁸³Département de pédiatrie, CHU de Grenoble, Grenoble France. ²⁸⁴Medical School, University of Cyprus, Nicosia, Cyprus. ²⁸⁵Children's Hospital Srebrnjak, Zagreb, School of Medicine, University J.J. Strossmayer, Osijek, Croatia. ²⁸⁶Karl Landsteiner Institute for Clinical and Experimental Pneumology, Hietzing Hospital, Vienna, Austria. ²⁸⁷University Hospital "Sv. Ivan Rilski", Sofia, Bulgaria. ²⁸⁸Allergy Diagnostic and Clinical Research Unit, University of Cape Town Lung Institute, Cape Town, South Africa. ²⁸⁹Vice-Presidente of IML, Milano, Italy. ²⁹⁰Centre of Academic Primary Care, Division of Applied Health Sciences, University of Aberdeen, Aberdeen, United Kingdom; Observational and Pragmatic Research Institute, Singapore, Singapore. ²⁹¹Department of Otorhinolaryngology University of Crete School of Medicine, Heraklion, Greece. ²⁹²European Forum for Research and Education in Allergy and Airway Diseases (EUFOREA), Brussels, Belgium. ²⁹³Allergologo, Cancun Quintana Roo, Mexico. ²⁹⁴Lungen-Clinic Grosshansdorf, Airway Research Center North, Member of the German Center for Lung Research (DZL), Grosshansdorf, Germany Department of Medicine, Christian Albrechts University, Airway Research Center North, Member of the German Center for Lung Research (DZL), Kiel, Germany. ²⁹⁵Department of Nephrology and Endocrinology, Karolinska University Hospital, Stockholm, Sweden. ²⁹⁶Farmácia São Paio, Vila Nova de Gaia, Porto, Portugal. ²⁹⁷St Vincent's Hospital and University of Sydney, Sydney, New South Wales, Australia. ²⁹⁸Allergologo, Mexico City, Mexico. ²⁹⁹Serviço de Pneumologia-Hosp das Clinicas UFPE-EBSEERH, Recife, Brazil. ³⁰⁰Universidade Federal de São Paulo, São Paulo, Brazil. ³⁰¹Centre of Pneumology, Coimbra University Hospital, Portugal. ³⁰²Polibienestar Research Institute, University of Valencia, Valencia, Spain. ³⁰³Pediatric Allergy and Clinical Immunology, Hospital Angeles Pedregal, Mexico City, Mexico. ³⁰⁴Getafe University Hospital Department of Geriatrics, Madrid, Spain. ³⁰⁵Association Asthme et Allergie, Paris, France. ³⁰⁶Universidade Federal do Rio de Janeiro, Rio de Janeiro, Brazil. ³⁰⁷Primary Care Respiratory Research Unit Instituto de Investigação Sanitaria de Palma IdisPa, Palma de Mallorca, Spain. ³⁰⁸Allergy Unit, Presidio Columbus, Rome, Catholic University of Sacred Heart, Rome and IRCCS Oasi Maria SS, Troina, Italy. ³⁰⁹Hospital General, Mexico City, Mexico. ³¹⁰Regione Piemonte, Torino, Italy. ³¹¹Medical University of Graz, Department of Internal Medicine, Graz, Austria. ³¹²Serviço de Imunoalergologia Hospital da Luz, Lisboa, Portugal. ³¹³Hospital de Clinicas, University of Parana, Brazil. ³¹⁴Division of Allergy Asthma and Clinical Immunology, Emek Medical Center, Afula, Israel. ³¹⁵Honorary Clinical Research Fellow, Allergy and Respiratory Research Group, The University of Edinburgh, Edinburgh, UK. ³¹⁶Showa University School of Medicine, Tokyo, Japan. ³¹⁷Association of Finnish Pharmacies, Helsinki, Finland. ³¹⁸Allergy and Clinical Immunology Department, Centro Médico-Docente la Trinidad and Clínica El Avila, Caracas, Venezuela. ³¹⁹Faculty of Medicine, Autonomous University of Madrid, Spain. ³²⁰The Royal National TNE Hospital, University College London, São Paulo, Brazil. ³²¹DIBIMIS, University of Palermo, Italy. ³²²Allergy Unit, Department of Dermatology, University Hospital of Zurich, Zürich, Switzerland. ³²³Asthma Reference Center, Escola Superior de Ciências da Santa Casa de Misericórdia de Vitoria - Esperido Santo, Brazil. ³²⁴The Usher Institute of Population Health Sciences and Informatics, The University of Edinburgh, Edinburgh, UK. ³²⁵Department of Pediatrics & Child Health, Department of Immunology, Faculty of Medicine, University of Manitoba, Winnipeg, Manitoba, Canada. ³²⁶INSERM, Université Grenoble Alpes, IAB, U 1209, Team of Environmental Epidemiology applied to Reproduction and Respiratory Health, Université Joseph Fourier, Grenoble, France. ³²⁷Sociedad Paraguaya de Alergia Asma e Inmunología, Paraguay. ³²⁸Division of Allergy, Clinical Immunology and Rheumatology, Department of Pediatrics, Federal University of São Paulo, São Paulo, Brazil. ³²⁹European Health Futures Forum (EHFF), Dromahair, Ireland. ³³⁰ENT, Aachen, Germany. ³³¹Kyrgyzstan National Centre of Cardiology and Internal medicine, Euro-Asian respiratory Society, Bishkek, Kyrgyzstan. ³³²University Hospital Olomouc, Czech Republic. ³³³Department of Paediatric and Adolescent medicine, University Hospital of North Norway, Tromsø, Paediatric Research Group, Department of Clinical Medicine, Faculty of Health Sciences, UiT The Arctic University of Norway, Tromsø, Norway. ³³⁴Presidente, IML (Lombardy Medical Initiative), Bergamo, Italy. ³³⁵Pulmonary Division, Heart Institute (InCor), Hospital da Clinicas da Faculdade de Medicina da Universidade de Sao Paulo, Sao Paulo, Brazil. ³³⁶Public Health Institute of Vilnius University, Vilnius, Lithuania. ³³⁷Universidade Federal do Estado do Rio de Janeiro, Rio de Janeiro, Brazil. ³³⁸RNSA (Réseau National de Surveillance Aérobiologique), Brussels, France. ³³⁹The Hospital for Sick Children, Dalla Lana School of Public Health, University of Toronto, Canada. ³⁴⁰Imunoalergologia, Centro Hospitalar Universitário de Coimbra and Faculty of Medicine, University of Coimbra, Portugal. ³⁴¹Department of ENT, Medical University of Graz, Austria. ³⁴²Campania Region, Division on Pharmacy and devices policy, Naples, Italy. ³⁴³Department of Respiratory Medicine, Hvidovre Hospital & University of Copenhagen, Denmark. ³⁴⁴Universidade Federal dos Pampas, Uruguaiana, Brazil. ³⁴⁵Division of Immunopathology, Department of Pathophysiology and Allergy Research, Center for Pathophysiology, Infectiology and Immunology, Medical University of Vienna, Vienna, Austria. ³⁴⁶Pneumology and Allergy Department CIBERES and Clinical & Experimental Respiratory Immunoallergy, IDIBAPS, University of Barcelona, Spain. ³⁴⁷Vilnius University Institute of Clinical Medicine, Clinic of Children's Diseases, and Institute of Health Sciences, Department of Public Health, Vilnius, Lithuania; European Academy of Paediatrics (EAP/UEMS-SP), Brussels, Belgium. ³⁴⁸Department of Lung Diseases and Clinical Immunology Allergology, University of Turku and Turveystalo allergy clinic, Turku, Finland. ³⁴⁹PELyon; HESPER 7425, Health Services and Performance Research - Université Claude Bernard Lyon, France. ³⁵⁰Immunology and Allergy Unit, Department of Medicine Solna, Karolinska Institutet and University Hospital, Stockholm. ³⁵¹Department of Chest Medicine, Centre Hospitalier Universitaire UCL Namur, Université Catholique de Louvain, Yvoir, Belgium. ³⁵²University of Bari Medical School, Unit of Geriatric Immunoallergology, Bari, Italy. ³⁵³Pulmonary Unit, Department of Medical Specialties, Arcispedale S.Maria Nuova/IRCCS, AUSL di Reggio Emilia, Italy. ³⁵⁴FILHA, Finnish Lung Association, Helsinki, Finland. ³⁵⁵Pulmonary Environmental Epidemiology Unit, CNR Institute of Clinical Physiology, Pisa, Italy; and CNR Institute of Biomedicine and Molecular Immunology "A Monroy", Palermo, Italy. ³⁵⁶Medical University, Plovdiv, Bulgaria. ³⁵⁷Department of Otorhinolaryngology, Plovdiv, Bulgaria. ³⁵⁸Sotiria Hospital, Athens, Greece. ³⁵⁹Dept of Otorhinolaryngology, Universitätsklinikum Düsseldorf, Germany. ³⁶⁰Nova Southeastern University, Fort Lauderdale, Florida, USA. ³⁶¹Department of

Otolaryngology, Yong Loo Lin School of Medicine, National University of Singapore, Singapore, Singapore. ³⁶²Department of Medicine, Clinical Immunology and Allergy, McMaster University, Hamilton, Ontario, Canada. ³⁶³Division of Immunodermatology and Allergy Research, Department of Dermatology and Allergy, Hannover Medical School, Hannover, Germany. ³⁶⁴Department of Medicine Solna, Immunology and Allergy Unit, Karolinska Institutet and Department of ENT diseases, Karolinska University Hospital, Stockholm, Sweden. ³⁶⁵Eshelman School of Pharmacy, University of North Carolina, Chapel Hill, NC, USA. ³⁶⁶International Primary Care Respiratory Group IPCRG, Aberdeen, Scotland. ³⁶⁷Bradford Institute for Health Research, Bradford Royal Infirmary, Bradford, UK. ³⁶⁸Allergologist - Medical College of Medical Faculty, Thracian University, Stara Zagora, Bulgaria. ³⁶⁹Department of Research, Olmsted Medical Center, Rochester, Minnesota, USA. ³⁷⁰Cyprus International Institute for Environmental & Public Health in Association with Harvard School of Public Health, Cyprus University of Technology, Limassol, Cyprus; Department of Pediatrics, Hospital "Archbishop Makarios III", Nicosia, Cyprus. ³⁷¹Celal Bayar University Department of Pulmonology, Manisa, Turkey. ³⁷²The Allergy and Asthma Institute, Islamabad, Pakistan. ³⁷³Department of Paediatrics and Child Health, Red Cross Children's Hospital, and MRC Unit on Child & Adolescent Health, University of Cape Town, Cape Town, South Africa. ³⁷⁴Department of Otolaryngology Head and Neck Surgery, Beijing TongRen Hospital and Beijing Institute of Otolaryngology, Beijing, China. ³⁷⁵Universidad Católica de Córdoba, Córdoba, Argentina. ³⁷⁶University Clinic of Respiratory and Allergic Diseases, Golnik, Slovenia. ³⁷⁷Gesundheitsregion KölnBonn - HRCCB Projekt GmbH, Kohn, Germany. ³⁷⁸Akershus University Hospital, Department of Otorhinolaryngology, Akershus, Norway. ³⁷⁹Chief of Staff, the Northern Health Science Alliance (NHSa) and Director and Founder of Northern Health Matters Ltd, Manchester, UK. ³⁸⁰President of Kazakhstan Association of Allergology and Clinical Immunology, Department of Allergology and Clinical Immunology of the Kazakh National Medical University, Kazakhstan. ³⁸¹Division of Respiratory and Allergic Diseases, Hospital 'A Cardarelli', University of Naples Federico II, Naples, Italy.

Competing interests

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