



Royal Berkshire
NHS Foundation Trust

Asthma biologics

(monoclonal antibodies)

Information for patients,
relatives and carers

This leaflet is for patients who are being considered for treatment with an asthma biologic.

Severe asthma

Most people with asthma can manage their symptoms using their everyday inhalers. However, some people have severe asthma, where symptoms are harder to control and may experience repeated 'asthma attacks'.

Following assessment by a consultant or a respiratory nurse specialist, some people may be referred to the severe asthma MDT (multi-disciplinary team) for consideration of specialist biologic treatments.

What are asthma biologics (monoclonal antibodies)?

Asthma biologics also known as monoclonal antibodies can treat some types of severe asthma by helping to stop the body processes that cause lung inflammation. This is inflammation that may be caused by allergies or by high levels of a cell called an eosinophil in the body.

Most asthma biologics are given as an injection, either in clinic, or using pre-filled syringes at home.

What are benefits of asthma biologics?

Biologic treatments can:

- lower the risk from eosinophilic asthma (asthma caused by too many eosinophils, a type of white blood cell) or severe allergic asthma
- allow people to stop or reduce the dose of their oral steroids and lower the risk of side effects from these
- help people with severe asthma manage their symptoms and reduce asthma attacks.

Investigations needed

Before deciding whether you are suitable for this treatment, your clinician will require further investigations / information before discussion at the severe asthma MDT, these may include:

- Height and weight
- Blood tests.
- Lung function tests
- How regularly you use your inhaler(s) and how you use them
- Evidence of exacerbations (asthma flare ups) treated with oral corticosteroids (Prednisolone)
- Respiratory physiotherapy assessment

Severe asthma MDT

The severe asthma MDT meeting is held once a month and the team includes specialist doctors, nurses, physiotherapists and pharmacists from the Royal Berkshire Hospital and Oxford University Hospitals. All investigation results and inhaler compliance are reviewed by the specialist team.

You will get a letter following the MDT meeting, letting you know the outcome and whether asthma biologics have been recommended for you. If the use of biologics are recommended, it may be 6-8 weeks before these are started.

Starting asthma biologics

One of the respiratory nurses will initially telephone you to discuss your treatment start date. You will then need to attend the Royal Berkshire Hospital for the first few doses and, if suitable, you will be shown how to inject yourself at home.

Your progress will be reviewed after four months.

Further information

For more information please contact the Respiratory Nurse Team on 0118 322 7159 (Mon-Fri 8am-5pm). Alternatively, you can contact them by emailing the Clinical Admin Team at rbb-tr.cat11@nhs.net

Asthma and Lung UK – asthmaandlung.org.uk

Helpline: 0300 222 5800

<https://www.asthmaandlung.org.uk/symptoms-tests-treatments/treatments/biologic-therapies>

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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