



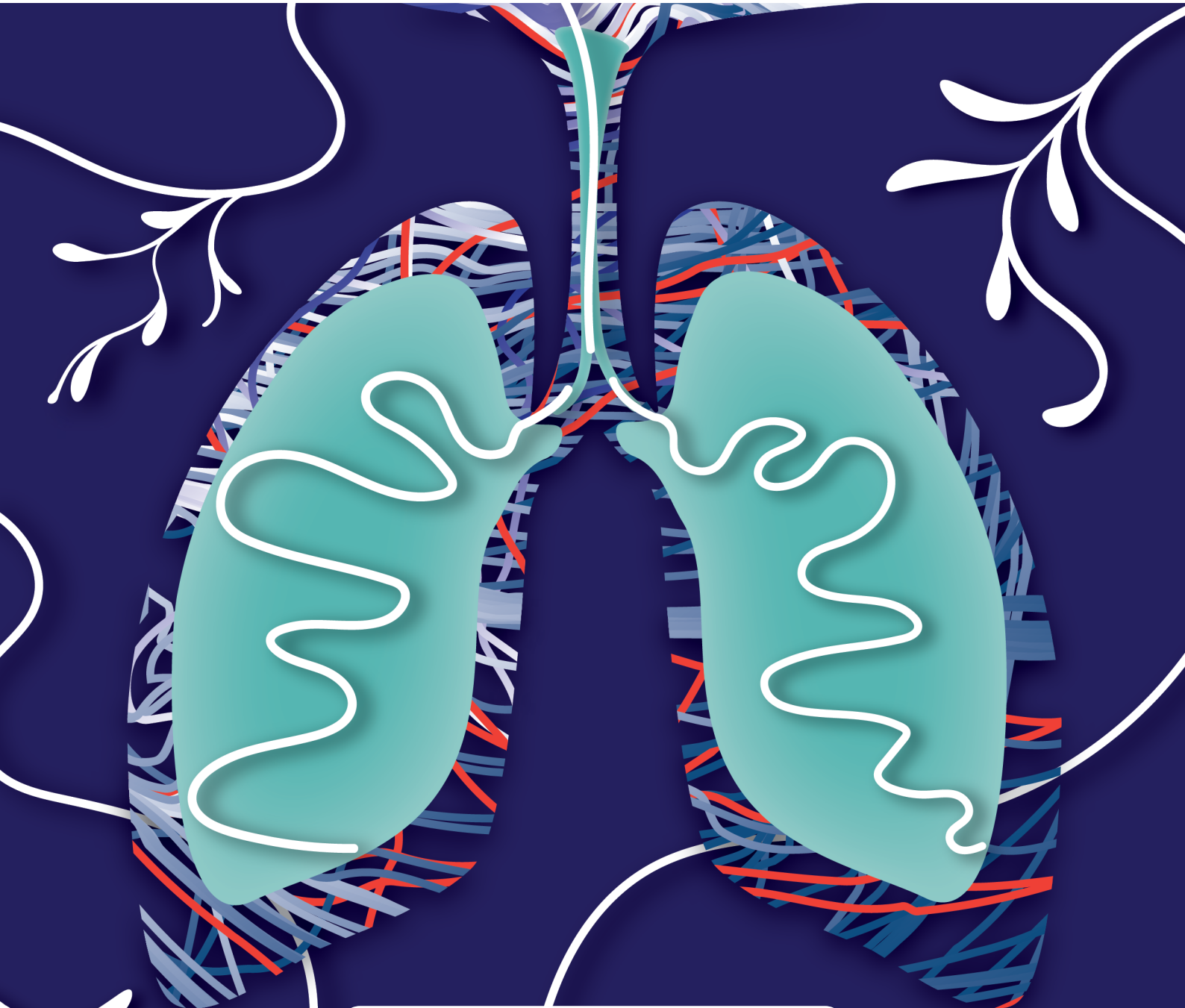
Respiratory
Effectiveness
Group

ADVANCES

in Real-life Respiratory Research

The Respiratory Effectiveness Group Newsletter

ISSUE FEBRUARY 2026



www.regresearchnetwork.org

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THE RESPIRATORY EFFECTIVENESS GROUP NEWSLETTER ISSUE FEBRUARY 2026

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EDITORIAL

Joan B. Soriano REG President

In 1838, the Polish composer and piano virtuoso Frédéric Chopin and George Sand, the prolific and unconventional French novelist, who wore men's clothing and smoked cigars, came to Mallorca. They were deeply in love, and seeking a warm, secluded retreat for Chopin's fragile health (likely suffering tuberculosis, asthma and/or who knows any other ill-defined lung condition) and to escape Parisian gossip, they decided on Mallorca, encouraged by its idyllic description in a guidebook. They landed in Palma and retreated in Valldemossa, the Monastery 30 km. up North in Serra de Tramuntana.

That winter was exceptionally cold and rainy, and dampness seeped into everything. Chopin's health deteriorated rapidly; his coughing fits were terrifying. Yet, in this hostile environment, he experienced a burst of creativity. It was here that he finalized his 24 Préludes, Op. 28, including the famous "Raindrop" Prelude (No. 15). Sand recounted that the repetitive note in that piece was inspired by the sound of raindrops falling on the monastery's tin roof... [Click here for video](#)

George Sand's memoir of the trip, "A Winter in Majorca" (1842), is a short, brutally frank book. She paints a vivid picture of their hardship: the hostility of the locals, the difficulty finding food and medicine (local doctors were afraid Chopin's illness was contagious), the primitive conditions, and her desperate efforts to care for her "poor invalid." Her account is less romantic and more a tale of survival.

So far it has been a long and harsh winter in 2026 here in Mallorca. The usually mild Balearic January turned into a cloudy, grey and rainy February. These could

resemble the conditions experienced by Chopin and Sand... At the REG Annual Summit this 19-21 March 2026, the Local and Scientific Committees have been working hard to prepare the best possible scientific programme and housing condition; we have no say on the meteo conditions yet. Hopefully you can join us in person to experience the latest research and real-world evidence, and meet the extended, ever-growing REG family, that includes both experienced and young blood. The stage is set for deeper, extended scientific and business exchanges and collaborations, all intended for the benefit of respiratory patients and lung health. This year's program includes our first ever REG Real-Life Respiratory Award, and some other surprises. Travelling forward in time, we would welcome back Frédéric, who could have his lungs checked by the best respiratory experts, and even George could be assisted to quit her smoking, so they could live longer and fuller lives, and keep creating.

Hopefully by 19th of March this year, the weather breaks up, and we all can experience both the warmth and inspiration that still retain artists galore. All the beauty that the Balearic Islands has to offer.

Safe travels and see you very soon!

Joan B. Soriano
President of REG
Pneumology Department
Hospital Universitario de la Princesa –
Universidad Autónoma de Madrid Madrid (SPAIN)

REG TEAM UPDATE



Michael Walker
REG CEO

2025 was another busy year for the REG team with our projects progressing well. The PIF in COPD project successfully concluded and reported, the risk prediction model of first exacerbation in COPD was published in the journal Thorax and data collection has begun in the new COPD Triple Therapy observational study which has over 20 sites around the world. The cost effectiveness of biologics in severe asthma project has also been finalised and will be published shortly. Projects in vaccines and ILD/IPF are currently seeking funding, and we hope to start them later this year. We will continue to further expand our network of collaborators, as we grow our research ideas and areas, as well as establish new collaborations with our partners.

In 2025, we began the REG webinar series, with three topics covered by experts in their fields. The webinars will continue throughout this year.

In the past few months, our focus has been on preparing for the REG Summit 2026 in Palma de Mallorca,

Spain, scheduled for March 19th – 21st. The programme and speakers have now all been finalised. The individual Working Group Meetings that report on new and ongoing projects, as well as to generate new and innovative research ideas will be held on the afternoon of Thursday 19th March. Everyone is welcome to join these meetings.

In this issue, you will find an update of the projects, as well as the tremendous work of the International Severe Asthma Registry (ISAR) and the next instalment of Clinical Management Perspectives, which looks at airway oscillometry.

I would like to acknowledge the support from a number of long-term Sponsors. Without their ongoing support, much of the work of REG would not be possible. I hope others are encouraged and inspired by the activities of REG and the Summit in March, and will collaborate with us this year or plan to do so in the future.

I look forward to meeting our many collaborators and supporters at the REG Summit 2026 in Palma.



Transforming Respiratory Care

Our ambition is to transform Respiratory and Immunology care for patients, moving beyond symptom control to disease modification, remission and, one day, cure.





Respiratory
Effectiveness
Group



THE RESPIRATORY
EFFECTIVENESS GROUP

REG
SUMMIT 2026

19-21 March, Palma de Mallorca, Spain

REG SUMMIT 2026

REG looks forward to the forthcoming REG Summit in Palma de Mallorca, which will be held at the Meliá Palma Marina hotel. This gathering will bring together real-life research experts from around the world to discuss the latest findings and new areas for collaboration in their respective fields of real-life respiratory research.

The REG Summit is a well-known meeting of global respiratory key opinion leaders engaged in real-life research using and the generation of real-world evidence (RWE). REG collaborators (researchers, clinicians, general practitioners and allied health professionals) have conducted numerous database and prospective pragmatic trials, and continue to seek solutions to the many complex issues faced by respiratory patients.

The REG Summit 2026 is a globally important RWE respiratory meeting on the year's congress calendar. Commencing on Thursday, 19th March, this year's Summit begins with our individual Working Group Meetings to update collaborators on new and ongoing research projects, as well as discuss new and innovative research ideas. We encourage all collaborators and supporters to join us at the Summit and actively participate in the Working Group Meetings. For those unable to attend in person, online participation options will be available. The scientific programme follows all day on Friday, 20th and concludes at lunchtime on Saturday, 21st March.

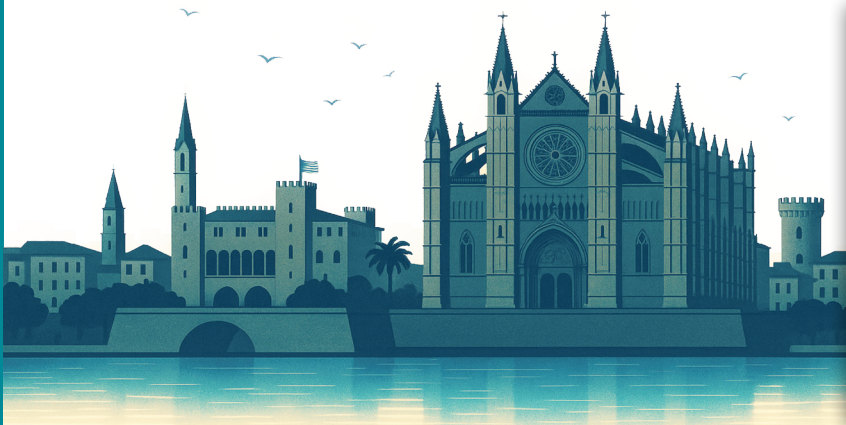
It will feature robust and informative discussions and debates on the latest insights into treatment strategies, with a focus on identifying key unmet needs, advancing the field, and improving patient outcomes. Our focus is on identifying the essential needs to propel the field forward and achieve a deeper understanding of how to enhance patient outcomes. Participants will debate the hottest topics within the field, in a variety of interactive and informative sessions designed to foster collaboration and facilitate knowledge exchange.

A distinguished line-up of experts will speak about new perspectives and address challenges in the management of COPD, respiratory diseases and our environment, novel management of asthma including the use of biologics, a joint REG-EAACI session on rhinitis management, emerging therapies in ILD/IPF, and an update on the International Severe Asthma Registry (ISAR). Once again, REG is offering Early Career Travel Grants and the successful travel grant winners will present their research in a plenary session.

This meeting offers an excellent opportunity for in-person networking with some of the world's foremost experts in the respiratory field, fostering connections with collaborators and colleagues.

The REG Summit 2026 will be the years' most important meeting in the field of respiratory real-life research, and everyone is encouraged to participate and get involved with the REG and its exciting projects.

We look forward to seeing you in Palma!



PRELIMINARY PROGRAMME

19 – 21 March 2026 | Meliá Palma Marina hotel, Palma de Mallorca, Spain

Thursday 19th March

18:30 - 20:30 | REG Board Meeting

Friday 20th March

18:00 - 19:30 | Drinks reception and poster viewing



Thursday 19th March

WORKING GROUP MEETINGS

	MS 01 HALL	MS 07 HALL
12:00 - 13:00	NETWORKING / LUNCH	NETWORKING / LUNCH
13:00 - 14:00	ILD/IPF	Adherence
14:00 - 15:00	Allergy	COPD Database & Coding
15:00 - 16:00	Technologies	Child Health
16:00 - 16:30	COFFEE BREAK	COFFEE BREAK
16:30 - 17:30	Cost Effectiveness	Database & Coding
17:30 - 19:00	Environment, Epidemiology & Airways	Biomarkers & Severe Asthma

Friday 20th March

08:50 - 08:55	WELCOME
08:55 - 10:25	<p>Exposures in real life Chair: Nikos Papadopoulos, Greece</p> <ol style="list-style-type: none"> Controlling indoor air pollution - a midsummer night's dream Speaker: Athanasios Nenes, Switzerland Who cares about pollen? Speaker: Maria Plaza, Germany Breathing nanoplastics - how does it feel? Speaker: Carlos Baeza-Martínez, Spain Q&A
10:25 - 10:45	COFFEE BREAK
10:45 - 11:55	<p>Global Respiratory Health Perspectives Chair: Dermot Ryan, UK</p> <ol style="list-style-type: none"> Respiratory patients' initiatives in a changing environment Speaker: Pippa Powell, UK IPCRG initiatives on global respiratory health Speaker: Cláudia Vicente, Portugal ERS perspective on global respiratory health Speaker: Marc Miravittles, Spain GINA & GOLD perspective on global respiratory health Speaker: David Halpin, UK Q&A
11:55 - 12:40	<p>ILD/IPF Chair: Katerina Antoniou, Greece</p> <ol style="list-style-type: none"> Can RWE help bring new ILD/IPF therapies to patients? Speaker: Michael Gibbons, UK Q&A
12:40 - 13:30	LUNCH BREAK

13:30 – 15:00	<p>Challenging current COPD management Chair: Antonio Anzueto, USA</p> <ol style="list-style-type: none"> T2-directed therapy in COPD - is this really the right approach? Speaker: Nicolas Roche, France ICS - do they really modulate cardiovascular risk? Speaker: Konstantinos Kostikas, Greece Introducing ICRA and first project: Data standards for multiple long-term conditions in patients with COPD - results of the Delphi Speaker: Chris Gale, UK Q&A
15:00 – 15:20	COFFEE BREAK
15:20 – 16:30	<p>Early Career Travel Grant Winners Chair: Alan Kaplan, Canada, and Joan B. Soriano, Spain</p> <p>6 (approx) x 5min presentations with Q&A for each</p>
IN THE RESPIRATORY HOT SEAT - PRO & CONS	
16:30 – 17:15	<p>Biologics in asthma are disease-modifying Chair: Arnaud Bourdin, France PRO: Klaus Rabe, Germany - CON: Miguel Román, Spain - CON: Christian Virchow, Germany</p>
17:15 – 18:00	<p>There is value in making an early diagnosis of COPD Chair: Therese Lapperre, Belgium PRO: Klaus Rabe, German - CON: Miguel Román, Spain</p>

Saturday 21st March

09:00 – 10:15	<p>Remission in severe asthma - Insights from the International Severe Asthma Registry (ISAR) Chair: David Price, Singapore</p> <ol style="list-style-type: none"> ISAR's practice change goals in severe asthma, including the elimination of long-term OCS use (ENLIGHTEN) Speakers: Giorgio Walter Canonica, Italy & John Busby, UK Impact of earlier access to biologics on remission and natural course of asthma (GLEAM) Speakers: George Christoff, Bulgaria & John Townend, UK Impact of remission on long-term clinical outcomes of patients with severe asthma (SPOTLIGHT) Speakers: Michael E. Wechsler, USA & Ghislaine Scelo, UK Maintenance of long-term remission and the causes of secondary failure to biologics Speakers: Luis Perez-de-Llano, Spain & William Oswald, UK
10:15 – 10:30	COFFEE BREAK
10:30 – 12:00	<p>Novel approaches to asthma patient management Chair: Walter Canonica, Italy</p> <ol style="list-style-type: none"> AIT and biologics - a new treatment option? Speaker: Désirée Larenas-Linnemann, Mexico Small airways (SAD) and oscillometry Speaker: Ron Dandurand, Canada Weight management in airways disease Speaker: Alan Kaplan, Canada Q&A
12:00 – 12:45	<p>REG-EAACI Joint session Chair: Fulvio Braido, Italy & María José Torres López, Spain</p> <ol style="list-style-type: none"> Moderate-severe rhinitis management Speaker: Piotr Kuna, Poland Endotyping of CRS - necessity or luxury? Speaker: Wytke Fokkens, The Netherlands Q&A
12:45 – 13:30	<p>Transformation of Respiratory Medicine - where are we going? Chair: Miguel Román, Spain</p> <ol style="list-style-type: none"> Real-world implementation of science to inform evidence-based respiratory medicine Speaker: Hilary Pinnock, UK Impact of digitalisation Speaker: Job van Boven, Netherlands Phenotyping asthma/COPD exacerbations in real-life to target management Speaker: Mona Bafadhel, UK
13:30	MEETING CLOSE

CLINICAL MANAGEMENT PERSPECTIVE



PD Dr. med. Mustafa Abdo

Senior lecturer Christian Albrecht
University of Kiel/ German Center for
Lung Research,
Germany

LISTENING TO THE LUNGS: WHEN SOUND WAVES REVEAL WHAT BREATHING HIDES

The landscape of respiratory medicine is undergoing a profound paradigm shift. Asthma, COPD, and interstitial lung disease (ILD) are no longer viewed as monolithic clinical entities, but as heterogeneous conditions defined by distinct endotypes and divergent physiological trajectories. As this iceberg of complexity becomes visible, lung function testing must evolve as well becoming more sensitive and more informative, while remaining easy and cost-effective to perform.

Airway oscillometry meets this challenge. Using low pressure oscillations during tidal breathing, it passively measures respiratory mechanics without forced expiratory maneuvers. This effort-independent approach is often more sensitive to small airway functional abnormalities, where early disease often resides undetected. In practice, it is also highly feasible in children, frail or poorly cooperative subjects (1).

In asthma, oscillometry reveals functional impairments that FEV₁ frequently overlooks. Oscillatory parameters correlate with type-2 inflammatory markers and patient-reported outcomes (PROMs), offering a superior metric for monitoring the efficacy of biological therapies (1, 2). Similarly, in COPD, oscillometry identifies structural remodeling and narrowed lumen caliber long before the onset of overt airflow obstruction (3). It offers a vital opportunity to stratify "pre-COPD" smokers at high risk for rapid decline (4).

The clinical utility extends further into parenchymal and post-surgical care. In ILD, alterations in reactance serve as a sensitive proxy for lung stiffness, even when volumes appear preserved (5). Furthermore, in the arena of lung transplantation, oscillometry emerges as a sensitive tool for graft monitoring, capable of detecting physiological shifts consistent with acute cellular rejection before traditional metrics falter (6).

Ultimately, the small airways are no longer a black box. By moving beyond the FEV₁-centric model, oscillometry provides a more precise, personalized, and patient-friendly resonance of respiratory health. It is, quite literally, a more powerful way to listen.

References

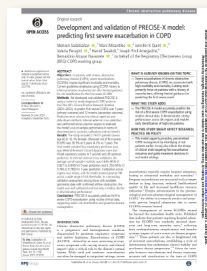
1. Abdo M, Kirsten A-M, Mutius E von, Kopp M, Hansen G, Rabe KF et al. Minimal clinically important difference for impulse oscillometry in adults with asthma. *Eur Respir J* 2023; 61(5).
2. Abdo M, Watz H, Veith V, Kirsten A-M, Biller H, Pedersen F et al. Small airway dysfunction as predictor and marker for clinical response to biological therapy in severe eosinophilic asthma: a longitudinal observational study. *Respir Res* 2020; 21(1):278.
3. Abdo M, Trinkmann F, Ewert R, Obst A, Völzke H, Flexeder C et al. High Oscillometry-derived Airway Resistance Is Associated with FEV1 Decline and Future Abnormal Spirometry in Smokers with Initially Normal Spirometry. *Am J Respir Crit Care Med* 2025; 211(11):2142-5.
4. Abdo M, Watz H, Trinkmann F, Bohnet S, Guess MAM, Roeben J et al. Oscillometry-defined Small Airway Dysfunction in Tobacco-exposed Adults with Impaired or Preserved Airflow. *Am J Respir Crit Care Med* 2025; 211(9):1652-61.
5. Patel S, Sylvester KP, Wu Z, Rhamie S, Dickel P, Maher TM et al. A comparison of respiratory oscillometry and spirometry in idiopathic pulmonary fibrosis: performance time, symptom burden and test-retest reliability. *ERJ Open Res* 2024; 10(4).
6. Cho E, Wu JKY, Birriel DC, Matelski J, Nadj R, DeHaas E et al. Airway Oscillometry Detects Spirometric-Silent Episodes of Acute Cellular Rejection. *Am J Respir Crit Care Med* 2020; 201(12):1536-44.

REG PUBLICATIONS IN 2025



DEVELOPMENT AND VALIDATION OF PRECISE- X MODEL: PREDICTING FIRST SEVERE EXACERBATION IN COPD

REFERENCES: Mohsen Sadatsafavi, Valeria Perugini, Marc Miravittles, Jennifer K Quint, Hamid Tavakoli, Joseph Emil Amegadzie, Bernardino Alcazar Navarrete, on behalf of the Respiratory Effectiveness Group (REG)-COPD working group



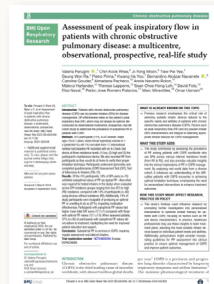
[Online Link - click here \(1\)](#)

[Online Link - click here \(2\)](#)

Thorax 2025;0:1-7

Assessment of peak inspiratory flow in patients with chronic obstructive pulmonary disease: a multicentre, observational, prospective, real-life study

REFERENCES: Valeria Perugini, Chin Kook Rhee, Ji- Yong Moon, Tiew Pei Yee, Seung Won Ra, Pietro Pirina, Kwang Ha Yoo, Bernardino Alcázar Navarrete, Caroline Gouder, Almadana Pacheco, Annie Navarro- Rolon, Matevz Harlander, Therese Lapperre, Sean Chee Hong Loh, David Fole, Elsa Naval, Pedro Jose Romero Palacios, Marc Miravittles, Omar Usmani



BMJ Open Respir Res 2025;12:e002408.

doi:10.1136/bmjresp-2024-002408

[Online Link - click here \(4\)](#)

Expert Perspectives on Next Generation Health. Guidelines: How to Integrate RWE in EBM

REFERENCES: Stefano Del Giacco, Giorgio Walter Canonica, Ioana Agache, David Price, Holger Schunemann, Keith Allan, Ignacio Ansoategui, Simona Barbaglia, Jonathan A Bernstein, Matteo Bonini, Sinthia Bosnic-Anticevich, Jean Bousquet, Fulvio Braido, Victoria Carter, Herberto Jose Chong-Neto, Kirsty Fletton, Sandra Gonzalez Diaz, Danilo Di Bona, Vandana Ayyar Gupta, Richard Hubbard, Jonathan Iaccarino, Ibon Eguiluz-Gracia, Cristina Jacomelli, Janwillem Kocks, Jerry Krishnan, Vera Mahler, Mario Morais-Almeida, Daniel Moreles, Paola Muti, Susanna Palkonen, Nikolaos G Papadopoulos, Helen Reddel, Ruby Pawankar, Christina Reeb, Isabel Rojo, Dermot Ryan, Lydia Sodhi, Maria Torres, Tonya Winders, Kevin C Wilson



[Online Link - click here \(3\)](#)

Pragmatic and Observational Research 2025;16 169-177

Aligning patient-centred care and sustainability in inhaler choice: an REG approach

REFERENCES: Omar Usmani, Helena Emery, Valeria Perugini

Hospital Healthcare Europe, 14th August 2025



[Online Link - click here \(5\)](#)

Respiratory Effectiveness Group Position Statement: Inhaler Choice: Balancing Personalized Health Care and Environmental Responsibility

REFERENCES: Omar S. Usmani, Mona Al-Ahmad, Keith Allan, Antonio Anzueto, Fulvio Braido, Giorgio W. Canonica, Trevor Lambert, Thérèse Lapperre, Alan Kaplan, Marc Miravittles, Nikolaos G. Papadopoulos, Chin Kook Rhee, Nicolas Roche, and Joan B. Soriano On behalf of The Respiratory Effectiveness Group



Letter to editor, JOURNAL OF AEROSOL MEDICINE AND PULMONARY DRUG DELIVERY Volume 00, Number 00, 2025

[Online Link - click here \(6\)](#)

WORKING GROUP UPDATE



ADHERENCE WORKING GROUP

The WG is continuing to shape its research priorities, including adherence to inhaled therapies and the emerging role of adherence in biologic-treated asthma. These topics will be revisited at the REG Summit in March 2026 to agree next steps and potential project plans.



ALLERGY WORKING GROUP

The proposal on allergen immunotherapy missed opportunities and resource expenditure in the UK has received feedback from several AIT companies and is now being edited to reduce the project cost. The group is currently developing a new project proposal on the use of biological treatment in patients with Chronic Rhinosinusitis with Nasal Polyps (CRSwNP)



CHILD HEALTH WORKING GROUP

The group has actively progressed two projects:

1. Severe asthma in children study

The retrospective study "Prevalence and Incidence of Severe Asthma in Children in UK Primary Care between 2010 and 2020", using OPCR data, remains under second-round review at JACI.

Our thanks for Sanofi for their support of this project.

2. PEARL study

The group is analysing data from the original PeARL survey to identify global patterns of asthma monitoring, and the WAO Pediatric Asthma group is running an international audit using PeARL recommendations as the reference.



COPD WORKING GROUP

The COPD WG remains highly active, with progress across several ongoing projects.

1. PIF in COPD study

In 2025, the WG published the PIF in COPD baseline manuscript, "Assessment of Peak Inspiratory Flow in Patients with Chronic Obstructive Pulmonary Disease: A Multicentre, Observational, Prospective, Real-life Study", in *BMJ Open Respiratory Research* (September 2025).

[Online Link - click here](#)

Work is now progressing on the follow-up manuscript, "Suboptimal Peak Inspiratory Flow, COPD Exacerbations, Hospitalisations, and Disease Burden: A Longitudinal Follow-Up in a Multicentre Real-World Study", which is currently undergoing final revisions by authors ahead of submission. Our thanks to Boehringer Ingelheim for their support of this project.

2. PRECISE X study

The WG also published "Development and Validation of the PRECISE-X Model: Predicting First Severe Exacerbation in COPD", in *Thorax* (December 2025). [Online Link - click here](#)

Our thanks to AstraZeneca for supporting this project.

Building on this work, the group has developed a proposal and budget for an international validation study and is currently seeking financial support to take this forward.

3. Triple Therapy study

The WG is actively progressing its Triple Therapy in COPD project, assessing the effects of triple pharmacological therapy on post-discharge outcomes in COPD patients. The study now includes around 20 global sites across Europe, Asia, and Australia, with several centres already extracting data while others have recently joined and are currently awaiting ethical approval. Recruitment remains open, and sites interested in participating can find more information here:

[Online Link - click here](#)

We are grateful to Chiesi for their support of this project.

4. Standardisation of registry data in COPD study

Finally, the WG has developed a registry project to define key clinical variables for COPD, covering both pharmacological and advanced therapies. A proposal and budget have been prepared, and the WG is now seeking support to take this forward.





COST EFFECTIVENESS WORKING GROUP

The AstraZeneca-funded project, "A Global Evaluation of the Economic Impact of Time to Initiation of Biologic Treatment of Severe Asthma Patients," seeks to assess the national-level cost-effectiveness of biologic treatment, examining and comparing the economic impact and lifelong disease burden associated with time to initiation of treatment between countries. This project has now concluded, and a final report has been submitted. A conference abstract has also been submitted, with a second conference abstract expected to be submitted later in the year. A manuscript for this work is currently being written with the aim of publishing later in the year.



DATABASES AND CODING WORKING GROUP

A study proposal exploring COPD and type 2 diabetes has been developed but to date has not been able to attract funding. The WG is now focusing on developing a position paper on "Choosing the right respiratory database for the right research question", currently in development.



ENVIRONMENT, EPIDEMIOLOGY AND AIRWAYS WORKING GROUP

The group is currently developing project ideas focusing on Small Airways Dysfunction (SAD) and the impact of pollution on SAD.



ILD WORKING GROUP

The Working Group has developed the flagship ILD project proposal "Towards Standardisation in IPF / PPF Registry Data: A Global Initiative", which has been separated into three subprojects:

Project 1: "Identifying Key Variables through a Global Prioritisation Task".

Project 2: "Identifying Data Elements for Disease Management".

Project 3: "Development of a Global Composite Staging System for IPF / PPF Disease Progression".

Project 1 proposal has been shared with funders, and we have secured funding for 50% of the budget for Project 1. We have been in talks with other funders to secure the remaining funding and are awaiting a decision.

The Working Group is also developing a proposal to study acute exacerbations (AE) in idiopathic pulmonary fibrosis (IPF) patients with the aim of creating prognostic and phenotypic models for AE in IPF patients that improve therapeutic development and inform treatment pathways as well as evaluating the health-economic impact of AEs in IPF patients.

Support has been provided as a collaborator to a ILD-Delphi study, which aimed to identify centres around the world where genomic testing is offered for ILD cases and characterize the existing practice and reach consensus on the utility of genomic testing and screening of relatives for early ILD diagnosis. This study has now completed data collection and submitted a conference abstract.



SEVERE ASTHMA AND BIOMARKERS WORKING GROUP

The WG is actively developing research ideas, which will be discussed further at the next WG meeting during the REG Summit in March 2026.



TECHNOLOGY WORKING GROUP

The group is developing new project ideas, including the use of oscillometry for the early detection of asthma and small airways disease (SAD), as well as a survey-based study investigating current perspectives, usage, knowledge, and reasons for and against using oscillometry.



VACCINES WORKING GROUP

A proposal for the project "Vaccine Uptake and Clinical Outcomes in High-Risk Chronic Respiratory Patients: A Retrospective Database Study" was invited to be submitted to prospective funders and is now awaiting a decision.



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WHAT REG MEANS TO ME



My first REG meeting was in 2013, when real-life research in respiratory medicine was establishing itself in its identity of the complementary association of clinical trial patient efficacy with real-life patient effectiveness.

The premise of this meeting of some 80 people from across the globe was to brainstorm and adopt a blue-skies thinking approach to real-life research in respiratory medicine, where the context was 'no idea is a bad idea'. This freedom to think outside the box, reflect on current clinical respiratory practice, be challenged, evolve ideas, made REG unique in the respiratory conference portfolio. The learnings from hearing other people's thoughts and experiences were invaluable.

The integration of clinicians, scientists from hospital, industry and universities led to a rich discussion that often flowed into the tea breaks and evening dinners, with the result that several projects post-meeting were seen to fruition with confidence, where study design / endpoints had already been discussed in detail (thrashed out!).

Over time, mainly through word-of-mouth, REG has grown and the annual meeting pencilled into the diary. The sessions are topical, with talks that are not didactic but challenge current practice or give a reflective vision on the topic, where the Q&A is always not enough. The members of the networking groups, relaxed over a cup of coffee, talk about topics that are often pitched to industry members in the same group. The networking over the tea breaks and dinners lead to friendships and collaborations.

Professor Omar Usmani, Imperial College London
Vice-President Scientific Outputs REG

OMAR S USMANI,

MBBS PhD FHEA FRCP FERS
Professor of Respiratory Medicine & Consultant Physician
National Heart and Lung Institute (NHLI), Imperial College London
Royal Brompton Hospital & St Marys Hospital London



I am a pediatric asthma specialist at the University of Colorado School of Medicine and Children's Hospital Colorado. I have been a member of the Respiratory Effectiveness Group (REG) since its early beginnings. Many of the early REG discussions centered around ways to involve pharmaceutical industry more effectively in clinical research and the benefits of pragmatic studies. Indeed, the leadership team has been successful in this mission and even more.

Many academic-oriented societies place industry participation at arm's length due to conflict-of-interest concerns. However, there are many areas of mutual interest that benefit from industry-academic collaboration. This is where REG is uniquely positioned to promote collaborative partnership development. REG has successfully drawn together worldwide experts with a multidisciplinary approach to address key issues in respiratory care for children and adults. REG is a wonderful setting for early career investigators and for those investigators with limited resources to establish new partnerships.

I have personally been involved in the Severe Asthma

Working Group initially and subsequently in the Child Health Working Group. I have participated in clinical trial development and recently data base evaluation. Many countries have a national health care system. The latter system facilitates the evaluation of nationwide trends in drug utilization and the opportunity to identify areas of inadequately controlled respiratory disease. This approach along with the integration of artificial intelligence provides many opportunities for REG to improve disease management at a national and a global level. In addition, the gradual acceptance of pragmatic studies in high profile journals now paves the way for the application of implementation science to understand the challenges and barriers for extending evidence-based treatment programs to a variety of settings. I am looking forward to the ongoing evolution of REG and its continued contribution to the advancement of respiratory care in children and adults.

STANLEY J. SZEFLER, MD

Professor of Pediatrics
University of Colorado
School of Medicine
Aurora, Colorado



WHAT REG MEANS TO ME

“

I have been involved with the Respiratory Effectiveness Group (REG) as a collaborator since 2021, and over this period it has become a valuable part of my professional activity as a respiratory physician. REG provides a structured scientific platform focused on real-life and comparative effectiveness research, offering clinically meaningful answers to questions that arise in everyday respiratory practice.

As a pulmonologist with a high clinical workload, sustained involvement in research is often difficult. REG offers a realistic and flexible framework that allows clinicians who are primarily patient-facing to participate in well-designed research projects without losing their clinical focus. Through my involvement in initiatives within the COPD Working Group, I have been able to contribute to projects that are firmly grounded in real-world clinical data and address relevant challenges in COPD management.

REG places strong emphasis on integrating early-career professionals into established research teams, mentored by internationally recognised experts in respiratory medicine, with a collaborative and international approach, promoting a culture of shared responsibility and continuous learning. These teams are scientifically robust and supportive, enabling professional growth in research skills within a real-life clinical context.

For clinicians and younger researchers, this represents an important opportunity to learn directly from leaders in the field while actively contributing to high-quality research.

Overall, REG represents a solid and motivating environment for clinicians seeking to combine routine clinical practice with meaningful research activity. For me, it has been a positive and intellectually stimulating experience that continues to encourage my involvement in respiratory research.

DR. ANNIE NAVARRO

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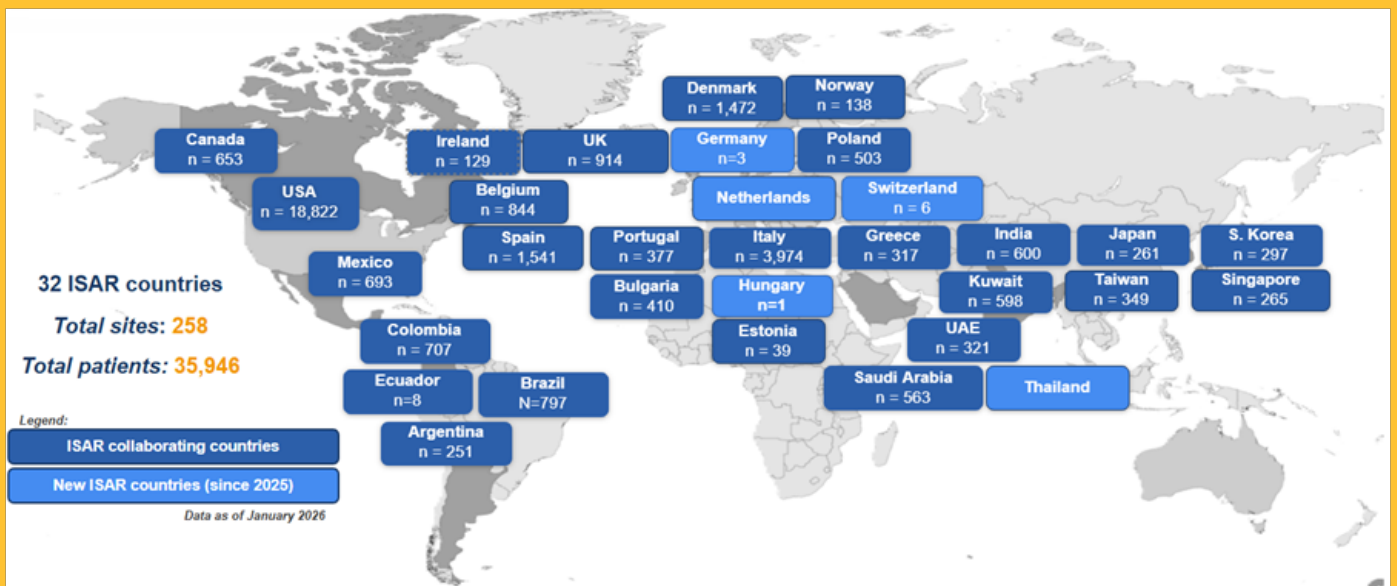
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INTERNATIONAL SEVERE ISAR ASTHMA REGISTRY

ISAR Country Updates

We celebrate the International **Severe Asthma Registry** (ISAR)'s recruitment of 35,946 **severe asthma patients** from **32 countries**, and welcome our new joiners – Germany, Hungary, Netherlands, Switzerland, Thailand and University of North Carolina (USA). ISAR continues to make an impact on severe asthma research, with the achievement of **37** publications and **60** abstracts and posters.

We thank all our ISAR collaborators for their contributions!



Upcoming ISAR Event 2026



Respiratory Effectiveness Group (REG) Summit, Palma de Mallorca
Spain, 19 – 21 March 2026

ISAR Session, Saturday 21st March

Session title: Remission in Severe Asthma - Insights from the International Severe Asthma Registry (ISAR)

- Impact of remission on long-term clinical outcomes of patients with severe asthma (SPOTLIGHT)
- Impact of earlier access to biologics on remission and natural course of asthma (GLEAM)
- Relapse and its predictors among ISAR patients in remission 12 months after initiating biologics (SHINE)
- ISAR's practice change goals in severe asthma, including the elimination of long-term OCS use (ENLIGHTEN)

ISAR in 2025: Publications

Since September 2025, ISAR has published 3 articles. To view ISAR's publications, please visit the [ISAR website](#).

Wang E., et al.

"Response to biologics along a gradient of T2-involvement in patients with severe asthma: a data-driven biomarker clustering approach (EMBER)"

J Allergy Clin Immunol Pract, 2025

[Full Article](#)

[Press Release](#)

[Slide Deck](#)

Key Findings: Using a data-driven approach, five distinct T2-biomarker clusters were identified. These were associated with a differential response to biologic.

Al-Ahmad M., et al.

"Burden of type 2 and oral corticosteroids related comorbidities in severe asthma patients from the Gulf Countries: A comparative study from The ISAR registry"

J Asthma Allergy

[Full Article](#)

Key Findings: Severe asthma patients in Gulf countries showed a higher prevalence of T2-related comorbidities and lower prevalence of OCS-related conditions than in ISAR.

Yadav C.P., et al.

"Interactive Pathways of Key Prognostic Factors in Severe Asthma: A Bayesian Network Comparison of Clinical Trials & Real-World Data"

CHEST In Press

Key Findings: The main downstream prediction pathways were consistent across RCTs and real-world settings, with two key pathways: total serum IgE level influenced BEC to predict future severe exacerbations, and history of severe exacerbation directly predicted future severe exacerbations.

ISAR Abstracts

ISAR presented 2 posters at ERS 2025 and 1 poster at APSR 2025. To view ISAR's abstracts, please visit the [ISAR website](#).

Alotaibi N, Bergeron C, et al.

"Novel Insights into the Comorbidity Burden of Severe Asthma in Canada: Analysis of the Canadian Severe Asthma Registry"

Eur Respir J, 2025

[Abstract](#)

Key Findings: Canadian severe asthma patients have a higher burden of T2-related comorbidities and potentially OCS-related comorbidities than non-Canadian ISAR patients, emphasizing the importance of addressing those comorbidities in clinical practice.

Larenas-Linnemann D, et al.
"Clinical profile of severe asthma (SA) patients Mexican vs Global data and evolution once in the international severe asthma registry (ISAR)"
Eur Respir J, 2025

Abstract

Key Findings: Mexican severe asthma patients have more allergic but less corticosteroid-related comorbidities than non-Mexican ISAR patients. Mexican patients seem to fare better once included in ISAR versus global demonstrating the benefit of early start of biologic therapy.

Price D.B., et al.
"Corticosteroid burden and potentially related comorbidities in severe asthma: insights from East and Southeast Asia (PRISM ASIA)"
Respirology, 2025

Abstract

Key Findings: OCS exposure was high and potentially OCS-related comorbidities were common in the Southeast and East Asian patients with severe asthma enrolled in ISAR.

We are pleased to share that 2 abstracts have been accepted at ATS 2026.

Tran TN, Scelo G, et al.
"Remission after biologic therapy initiation in patients with severe asthma: An evaluation of up to 5 years of follow-up in the International Severe Asthma Registry (SPOTLIGHT I)"
Oral presentation at ATS 2026

Session details:

Session Name: C14 -Strengthening your "-abs" and more: Asthma therapeutics and outcomes
Session Date: Tuesday, May 19, 2026
Session Time: 9:15 AM - 11:15 AM

Scelo G, Tran TN et al.
"Long-term clinical impact of 12-month remission after biologic therapy in patients with severe asthma (SPOTLIGHT II)"
Poster presentation at ATS 2026

Session details:

Session Name: C33 -From data to breaths: Stories of asthma unfolded
Session Date: Tuesday, May 19, 2026
Session Time: 9:15 AM - 4:15 PM

◆ ISAR in 2025: Events



European Respiratory Society (ERS) Congress
 Amsterdam, Netherlands
 27 Sep – 1 Oct 2025

Highlights:

- 42 collaborators from 21 countries attended ISAR events.
- ISAR's achievements and ideas for its long-term sustainability were discussed.
- Project updates were presented at the working group meetings for MOONLIGHT, SHINE and SPOTLIGHT.
- Practice change tools such as the [OCS risk calculator](#) and [RESA](#) (by Dr Wenjia Chen) were shared.
- 25 country meetings were held to promote engagement in practice change.
- ISAR held its first symposium with potential industry partners to highlight its research achievements and identify collaboration opportunities.
- Two ISAR local PRISM posters ([Canada](#) and [Mexico](#)) were presented.



Asian Pacific Society of Respiratory (APSR) Congress
 Manila, Philippines
 10 – 13 November 2025

Highlights:

- The ISAR PRISM Asia poster, "Corticosteroid burden and potentially related comorbidities in severe asthma: insights from East and Southeast Asia", was presented. The countries represented are Japan, Singapore, South Korea and Taiwan.



Join ISAR today!

To register interest as a collaborating country, or to submit a research request or proposal, please contact us [here](#)

THANKS TO OUR SUPPORTERS

The work of REG would not be possible without the invaluable contributions of our supporters, who help fund innovative research projects developed by our expert collaborators.

REG is looking to launch a number of ambitious research initiatives which offer the opportunity to impact clinical management guidelines and improve patient care. We welcome any suggestions from Supporters and would be happy to discuss your ideas in more detail.

You can always get in contact with the REG team by email at enquiries@regresearchnetwork.org,

or contact Micheal Walker, REG, CEO, at michael@regresearchnetwork.org



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SUMMIT 2026

www.regsummit2026.org



**MARCH 19-21
2026**

Meliá Palma Marina Hotel
Palma de Mallorca
SPAIN