

Global Initiative for Asthma 2014 Report

The Global Initiative for Asthma (GINA) was launched in 1993 in collaboration with the National Heart, Lung, and Blood Institute (USA), the National Institutes of Health (USA), and the World Health Organization. GINA's strategies for asthma care are shaped by committees made up of leading asthma experts from around the world. One of GINA's objectives is to improve the management of asthma.

In May 2014, GINA published a report titled 'Global Strategy for Asthma Management and Prevention 2014 (Revision)'. On page 40 of that report, GINA assigned Breathing Techniques an evidence level rating of 'A'. For evidence level 'A', the sources of evidence are: (a) randomised controlled trials (RCTs) and meta-analyses, and (b) a rich body of data. GINA defines evidence level 'A' as:

"Evidence is from end-points of well designed RCTs or meta-analyses that provide a consistent form of findings in the population for which the recommendation is made. Category 'A' requires substantial numbers of studies involving substantial numbers of participants."

In the online appendix (page 38) of the aforementioned document, it states:

"Several studies of breathing and/or relaxation techniques for asthma and/or dysfunctional breathing, including the Buteyko Method and the Papworth Method, have shown improvements in symptoms, SABA use, quality of life and/or psychological measures, but not in physiological outcomes."

"Breathing techniques may thus provide a useful supplement to conventional asthma management strategies, including in anxious patients or those habitually over-using rescue medication."

Also, in the revised (2014) GINA 'Pocket Guide for Asthma Management and Prevention: A Pocket Guide for Physicians and Nurses', it states the following on page 19:

"In addition to medications, other therapies may be considered where relevant, to assist in symptom control and risk reduction."

One of the examples given of other therapies *"with consistent high quality evidence"* was *Breathing Techniques which according to the pocket guide "may be a useful supplement to medications."*

You may access the above documents by clicking on the following links: [the GINA report \(Revised 2014\)](#), [the appendix \(Revised 2014\)](#), and [the Pocket Guide \(Revised 2014\)](#).