adult service, 1 patient had been discharged and 2 patients did not attend. Adherence was optimal in 10 (44.5%), suboptimal in 9 (40.9%) and poor in 3 (13.64%) patients (see figure 1). Their mean BEC was 0.35 x10^9/l (±0.33), FeNO 48.7 ppb (±38.1) and FEV1% was 86.8% (±12.2).

Conclusion While there was an incremental improvement in adherence during the first year of adult care with resultant improvements in asthma biomarkers, on-going support is needed to further increase medicines use and to ensure this behaviour persists.

Abstract S35 Figure 1

We believe this work can contribute to a paradigm shift in the design of asthma health technology products, towards targeting new behaviours and their influences for change and ultimately driving better self-management and fewer asthma deaths.

S36 PRESCRIBING PATTERNS AND TREATMENT ADHERENCE IN PATIENTS WITH ASTHMA DURING THE COVID-19 PANDEMIC

Introduction and Objective The COVID-19 pandemic has witnessed a reduction in asthma exacerbations in the UK. Several factors may underpin this, including reduced transmission of seasonal viruses and improved use of or adherence to inhaled corticosteroids (ICS). This study aims to investigate whether ICS use has changed during the pandemic for patients with asthma.

Methods Using the OpenPrescribing database, we analysed prescribing patterns of ICS, salbutamol and peak flow meters from January 2019 to January 2021 across England. Additionally, using a sample asthma cohort from 3 primary care practices, we assessed individual prescription patterns and ICS adherence across the two-year period. ICS adherence has been defined according to the medication possession (MPR) ratio: good (≥75%), sub-optimal (50–74%), poor (25–49%) and non-adherence (<25%).

Results A sharp increase in national ICS prescriptions was observed at the start of the pandemic in March 2020 representing a 50% increase compared to February 2020. Thereafter national ICS prescription rates appear to have returned to normal levels. The sample asthma cohort included 1132 patients (762 patients treated with ICS across 2019 and 2020). Overall, adherence to ICS improved in 2020 (P<0.001), with the proportion of patients meeting ‘good adherence’ (≥75%) increasing from 34% to 42% (P<0.001). Analysis of this cohort suggested the March 2020 spike predominantly reflected improved adherence rather than a hoarding effect of multiple inhalers or new prescriptions for ICS-naïve individuals. Increasing age was associated with higher