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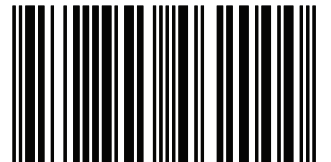
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# LAUNCHING OF CLINICAL PRACTICE GUIDELINES ON MANAGEMENT OF ASTHMA IN ADULTS (SECOND EDITION)

Respiratory Unit, Department of Internal Medicine & Department of Primary Care Medicine

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The Ministry of Health Malaysia officially launched the second edition of the Clinical Practice Guidelines (CPG) on the Management of Asthma in Adults during the 2<sup>nd</sup> Malaysia National Asthma COPD Preceptorship Conference (MNACPC) 2025, held at the Impiana KLCC Hotel. The launch was officiated by YBhg. Dato' Dr. Mohd Azman bin Yacob, Director of the Medical Development Division, Ministry of Health Malaysia.

The MNACPC is an annual national conference held in collaboration with the Malaysian Thoracic Society (MTS). The 2025 edition was co-chaired by Associate Professor Dr Andrea Ban Yu-Lin, Consultant Respiratory Physician at the Faculty of Medicine, Hospital Canselor Tuanku Muhriz (HCTM) Universiti Kebangsaan Malaysia, and Dr Azza Omar, Consultant Respiratory Physician at Hospital Raja Perempuan Zainab II, Kelantan. Dr Aisya Natasya Musa, Consultant Respiratory Physician from Universiti Teknologi MARA (UiTM), served as the Scientific Chair. This two-day conference brought together respiratory physicians, family medicine specialists, and other healthcare professionals to share updates on asthma and COPD management. The highlight of the event was the launch of the revised Management of Asthma in Adults CPG 2025.

The updated CPG was developed by a multidisciplinary team of 16 members chaired by Associate Professor Dr. Andrea



FROM right: Dr. Mazapuspavina Md Yasin, Professor Dr. Fazah Akhtar Hanapiah and Dr. Aisya Natasya Musa.

Ban Yu-Lin, and included Dr. Aisya Natasya Musa and Dr. Mazapuspavina Md Yasin, Consultant Family Medicine Specialists from UiTM. The guideline was developed with guidance from the CPG Unit of MaHTAS, Ministry of Health Malaysia, and underwent external review by both national and international experts. Among the reviewers were



**DATO' AZMAN**, Director of the Medical Development Division, Ministry of Health Malaysia, and Dato' Mat Zuki, Head of Respiratory Service Malaysia, with the Asthma CPG Development Group (DG) committee members and participants of the 2<sup>nd</sup> MNACPC after the launch of the Asthma CPG.



**PROF. DR. FAZAH** receiving the CPG on behalf of the Malaysian Universities.

Professor Dr. Ahmad Izuanuddin Ismail, Deputy Clinical Director of Hospital Al-Sultan Abdullah UiTM and President of the Malaysian Thoracic Society; Dr. Simon Couillard-Vastoguy, Assistant Professor of Medicine and Research Chair in

Respiratory Medicine at the University of Sherbrooke, Canada; and Dr. Toby Capstick, Consultant Pharmacist in Respiratory Medicine at St James's University Hospital, Leeds.

The second edition of the guideline reflects the latest evidence-based practices in asthma care. It emphasises the importance of accurate diagnosis—including the use of spirometry—and prioritises inhaled corticosteroid (ICS)-containing therapy over short-acting beta-agonist (SABA) monotherapy, which is no longer recommended. The guideline provides a structured pathway for personalised asthma management, with clear recommendations for initiation, step-up, and step-down strategies. It highlights the importance of patient self-management through personalised asthma action plans and correct inhaler technique, while also outlining criteria for referral to specialist care and guidance on the use of biologics in severe asthma.

This launch represents a significant step forward in ensuring consistent, high-



**DATO' AZMAN**, Director of the Medical Development Division, Ministry of Health Malaysia and Dato' Mat Zuki, Head of Respiratory Service Malaysia with Asthma CPG Development Group (DG) committee members.



**DATO' AZMAN** blowing spirometry for the launch of the Asthma CPG (2<sup>nd</sup> edition).

quality asthma care across Malaysia. During the event, Professor Dr. Fazah Akhtar Hanapiah, Dean of the Faculty of Medicine UiTM, received the newly launched guideline on behalf of Malaysian universities. The launch reaffirms Malaysia's strong commitment to advancing asthma care through evidence-based practice, multidisciplinary collaboration, and patient-centred management—ensuring that individuals living with asthma receive the highest standard of care, now and in the future.