

# Foreword

Five years have elapsed since the publication of the previous edition of the Spanish Guideline for Asthma Management (*Guía Española para el Manejo del Asma, GEMA*). Every 5 years, GEMA is completely renewed, with an in-depth review of concepts and statements. Therefore, the present fifth edition of the guideline, GEMA<sup>5.0</sup>, had to be prepared. In this new edition, and given its great acceptance, the format used in the previous editions (concise and clear writing, straightforward classification of evidence, proposal of robust/weak recommendations, and profusion of algorithms and tables) has been maintained<sup>1</sup>. Thus, this new GEMA is an update of the state of knowledge about asthma based on the scientific evidence published in prestigious journals.

Sections and chapters have been slightly reordered, and among other novelties (re-design and new contents of www.gemasma.com web site; program for the diffusion in mass media; use of new communication technologies, etc.), the logos' initiative and colors (now red and black) have been remodeled. Also, on this occasion, the quality of writing and the appropriate use of scientific plain-Spanish have been particularly considered, given the large international diffusion especially in Latin America where the asthma guideline is currently in use.

This new edition follows to the same "philosophy" of its predecessors, i.e. drawing up a clinical practice guideline on asthma that is addressed to clinical healthcare professionals, practically oriented, independent and agreed-on by the highest possible number of experts pertaining to various Spanish scientific societies involved in the management of asthma. Given this guideline's scope and the high relevance of the participating professionals, as well as its design and content, this new GEMA<sup>5.0</sup> is born under the best auspices. Experts of different scientific societies have participated in the present edition, including the following: Spanish Association of Primary Care Pediatrics, Latin American Chest Association, Spanish Society of Allergology and Clinical Immunology, Spanish Society of Family and Community Pharmacy, Spanish Society of Clinical Pharmacology, Spanish Society of Hospital Pharmacy, Spanish Society of Clinical Immunology, Allergology and Pediatric Asthma, Spanish

Society of Family and Community Medicine, Spanish Society of Primary Care Physicians, Spanish Society of Urgent and Emergency Medicine, Society of Pneumology in Primary Care, Spanish Society of General and Family Physicians, Spanish Society of Pediatric Pneumology, Spanish Society of Otorhinolaryngology, Spanish Society of Pneumology and Thoracic Surgery, Spanish Society of Outpatient and Primary Care Pediatrics, and Portuguese Society of Pneumology. In addition to having the collaboration of the Institute for Clinical and Healthcare Excellence, the Spanish Society of Healthcare Managers, Humans Foundation, and the National Federation of Associations of Respiratory Diseases on behalf of the patients.

Overall, **108** experts in asthma, and accredited representatives from **21** societies, scientific groups and associations have participated in the drafting and revision of the document. Because of the number of participants and societies contributing to consensus, this new *GEMA* guideline is the largest ever performed and, most likely, the greatest multidisciplinary consensus ever reached in our geographic environment.

Finally, on behalf of all of the participants of GEMA<sup>5.0</sup>, we wish to thank the Spanish Pharmaceutical Industry for its invaluable support and patronage that has enabled the drawing-up, edition and diffusion of this guideline. We also would like to acknowledge the highly professional contribution of the staff from Luzán 5 (editing professionals, computer specialists, designers, journalists) throughout the entire editorial process. We expect this new edition of GEMA to obtain at least the same recognition as the previous ones, as well as a widespread diffusion and impact among healthcare professionals involved in asthma care. We also expect it to enhance their education on asthma which in turn will be associated with a better quality in the care of their patients with asthma, and consequently better control and quality of life, which is the reason to be of *GEMA*.

**Dr. Vicente Plaza Moral**

on behalf of the coordinators, editors,  
and reviewers of GEMA<sup>5.0</sup>