

# Why FeNO?

Evidence shows that 30% of asthma diagnoses may be incorrect. FeNO is a marker of eosinophilic airway inflammation which is another piece of the asthma jigsaw not detected with spirometry or peak flow.

## Clinical benefits

- Improves the accuracy and time to diagnosis
- Reduces misdiagnosis (both under- and over-diagnosis of asthma)
- Reduces patient harms/costs from overtreating respiratory symptoms
- Reduces symptoms and asthma attacks through more accurate diagnosis
- Allows treatment to be tailored to specific types of asthma
- Reduction in emergency hospital admissions
- Reduction in A&E attendances

## Easy and safe to use

- Non aerosol generating (low Covid19 risk)
- Non invasive, simple and safe to perform in primary care settings
- Small, portable and easy to use devices
- Results within a couple of minutes
- Child friendly

## Contributes towards QoF

Practices are expected to use a minimum of two diagnostic tests to confirm an asthma diagnosis. Spirometry and peak flow detect airway narrowing, FeNO detects inflammation caused by eosinophils in the airways. Using a combination of tests increases the accuracy of asthma diagnosis.

*“Being able to measure eosinophilic inflammation has given me greater understanding of my patient’s symptoms. FeNO has allowed me to identify patients who need better anti-inflammatory treatment but also helped me work out which ones can reduce or even stop their inhalers.”*

GP and Clinical Lead for Asthma UK & British Lung Foundation Partnership

## Recommended by NICE

Currently [DG12](#) and NICE’s [guideline on asthma](#) both recommend FeNO to help diagnose asthma in adults and children.