

# Objective

The main objective of the present guideline is to promote a better control and quality of life of patients with asthma by enhancing the technical education level of healthcare professionals in charge of the patient, particularly in aspects related to prevention and diagnosis-therapeutic evaluation of the disease.

GEMA, however, is a platform that brings together a series of complementary actions, all designed to reach the aforementioned objective, among which this document acquires a special relevance: an evidence-based clinical practice guideline. Further documents will complete the

GEMA “family” (e.g., pocket-size GEMA, GEMA for patients, GEMA for educators, indicators of quality in the care of asthma, etc.).

Specifically, the current document (clinical practice guideline) as well as the whole strategy conforming the GEMA<sup>4.0</sup> platform, is addressed to primary care physicians, pediatricians, pneumologists, allergologists, pediatric pneumologists and pediatric allergologists, otorhinolaryngologists, pharmacologists, pharmacists, general nurses and respiratory nurse specialists, educators and teachers, patients and their relatives.