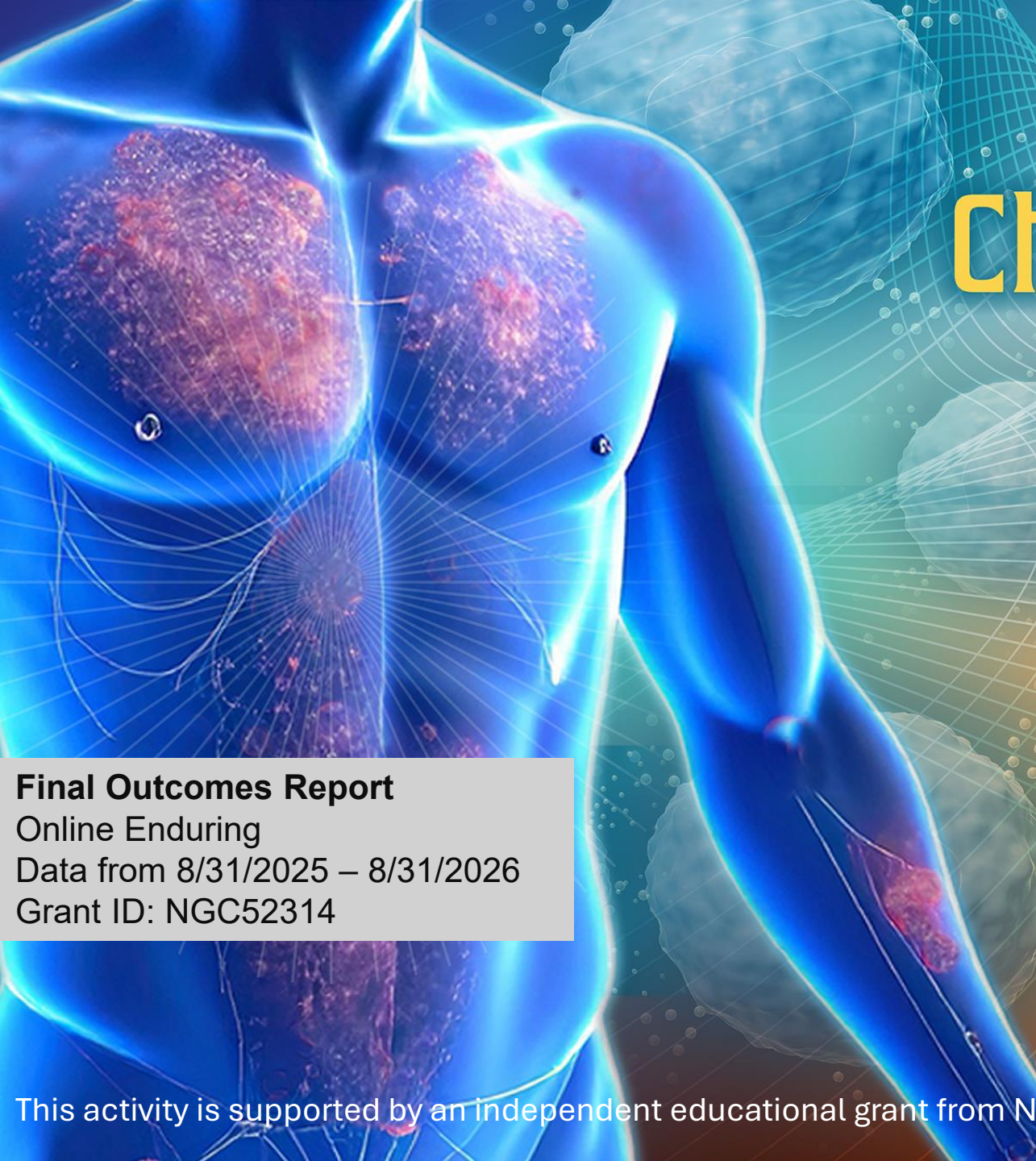


Inside Chronic Spontaneous Urticaria:

Guideline-Based Care, Cutting-Edge Science, Real-World Impact

Final Outcomes Report
Online Enduring
Data from 8/31/2025 – 8/31/2026
Grant ID: NGC52314

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This activity is supported by an independent educational grant from Novartis Pharmaceuticals Corporation.

Table of Contents

Final Outcomes Summary – Online Enduring Activity

Executive Summary (Slide 3)
Program Features (Slide 4)
Program Insights (Slide 5)
Online Enduring Outcomes (Slide 6-20)
- Overall Learner Outcomes Summary (Slide 6)
- Overall Physician Only Outcomes Summary (Slide 7)
- Level 1 – Participation (Slide 8-10)
- Level 2 – Satisfaction (Slide 11)
- Level 3&4 - Knowledge and Competence (Slides 12-16)
- Level 4 – Competence (Slide 17-18)
- Evaluation Survey Results (Slide 19-20)

Accreditation (Slide 21)

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Executive Summary

Final Outcomes Summary – Online Enduring Activity



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Program Overview

This 60-minute online enduring CME activity engaged allergists/immunologists, dermatologists, and advanced practice providers in chronic spontaneous urticaria (CSU) management. The program incorporated video-based learning with an allergist and dermatologist expert faculty, patient narratives, interactive polling, and 3D medical animations to enhance clinical decision-making.

The program was divided into four chapters, including: CSU Pathophysiology (immune mechanisms & inflammation), Best Practices in Diagnosis (biomarkers & differential evaluation), Guideline-Based & Emerging Therapies (biologics & precision medicine), and Patient Impact & QoL (stress, mental health, & multidisciplinary care).

Learning Objectives

1. Analyze the pathophysiology of CSU, including the roles of mast cells, autoimmunity, and the complement system, to better understand disease mechanisms.
2. Integrate best practices for CSU diagnosis by utilizing biomarkers, differential diagnosis strategies, and appropriate escalation of care.
3. Implement personalized treatment strategies for CSU by evaluating current and emerging therapies, their mechanisms of action, safety, and efficacy.
4. Incorporate strategies to address the impact of CSU on quality of life (QoL), stress management, mental health, and multidisciplinary care into clinical practice.

Target Audience & Accreditation

Target Audience: Allergists/immunologists, dermatologists, physician assistants (PAs), and nurse practitioners (NPs) treating patients with CSU

NJH is accredited with commendation by the Accreditation Council for Continuing Medical Education (ACCME). NJH designates this enduring material for a maximum of 1.0 *AMA PRA Category 1 Credit™*.

Enduring activity on myCME (8/31/25-8/31/26)
https://www.mycme.com/courses/inside-chronic-spontaneous-urticaria-guideline-based-care-real-world-impact-10298

Program Features

Final Outcomes Summary – Online Enduring Activity

Patient Journey Videos



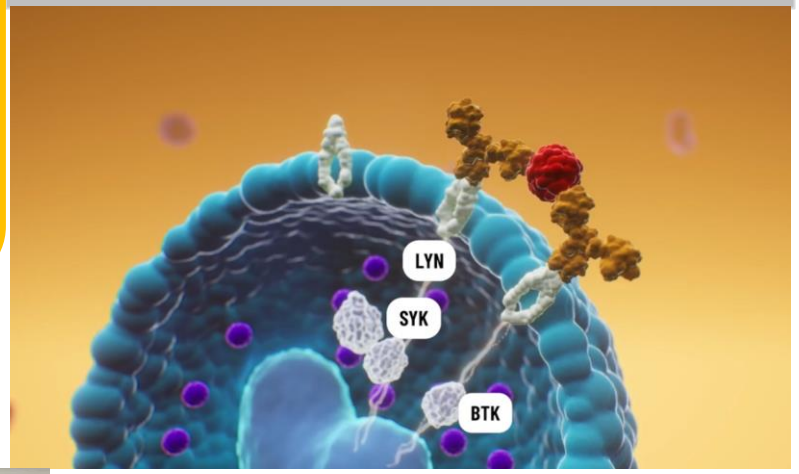
90%

evaluation respondents reported that the patient videos improved their understanding of patient needs, challenges, and barriers.
(n=743)

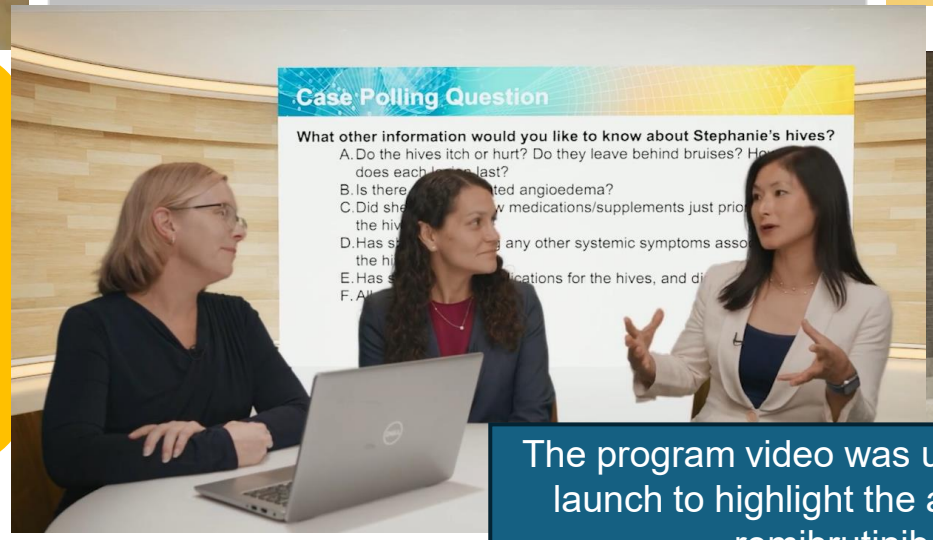
90%

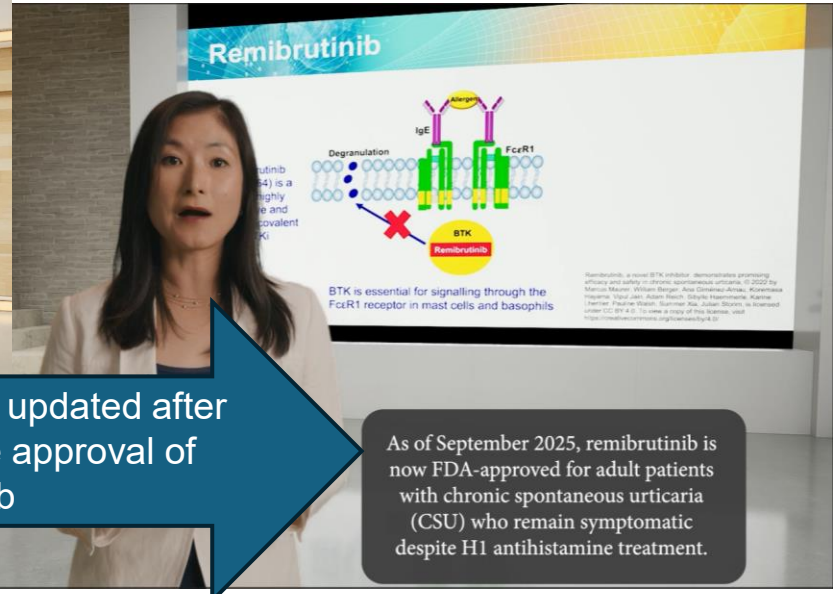
evaluation respondents reported that the animations improved their understanding of CSU pathophysiology
(n=743)

Whiteboard Animation



Roundtable Discussion





The program video was updated after launch to highlight the approval of remibrutinib

Program Insights

Final Outcomes Summary – Online Enduring Activity

- **Diagnostic decision-making remains the greatest opportunity for improvement**
  - Diagnosis remained the largest gap at post-test, although participation in the education substantially shifted learners from unnecessary comprehensive lab testing to a more targeted, guideline-based diagnostic approach.

- **Education supported more efficient and more proactive CSU care**
  - Learners reported movement away from unnecessary diagnostic testing while simultaneously identifying opportunities for earlier treatment escalation and specialty referral, suggesting improvement in both overuse and undertreatment.

Overall Learner Outcomes Summary

Final Outcomes Summary – Online Enduring Activity

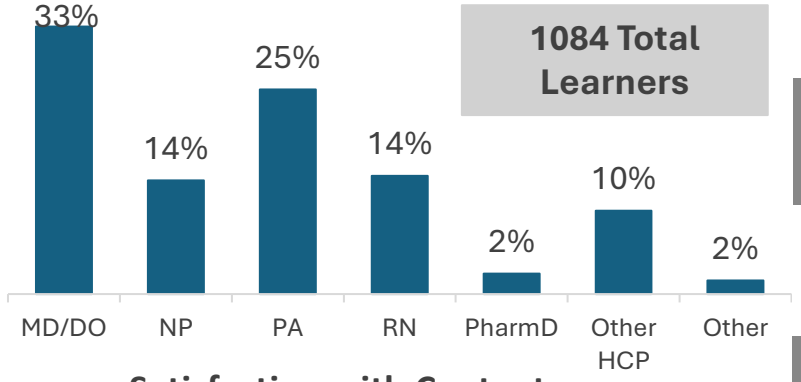
Educational Overview

Provider/Accreditor: National Jewish Health

Activity format/dates: Online Enduring from August 31, 2025 – August 31, 2026

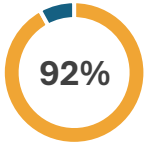
Target audience: Allergists/immunologists, dermatologists, PAs and NPs treating patients with CSU.

Program description: Learners will gain best practices for diagnosis, patient stratification, and evaluation of current and emerging biologics. This program also emphasizes strategies for improving QoL, stress management, and communication to support holistic, patient-centered care. Ultimately, participants will be equipped to make timely, evidence-based decisions that align with the latest in precision medicine for CSU.



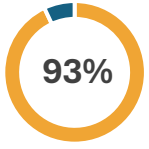
1084 Total Learners

Satisfaction with Content



% reporting the content was relevant to practice

n=743

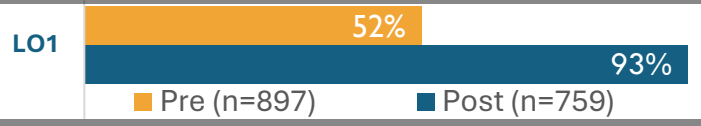


% reporting the learning objectives were achieved

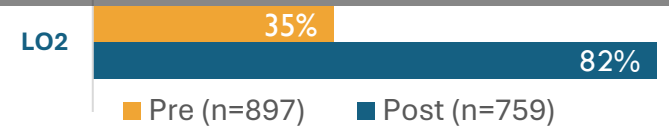
Knowledge and Competence Gains

91% Overall relative knowledge increase

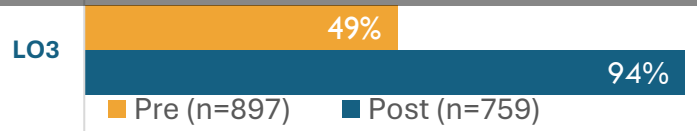
LO: Analyze the pathophysiology of CSU, including the roles of mast cells, autoimmunity, and the complement system, to better understand disease mechanisms.



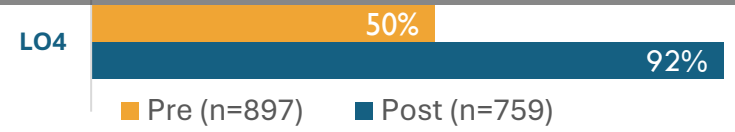
LO: Integrate best practices for CSU diagnosis by utilizing biomarkers, differential diagnosis strategies, and appropriate escalation of care.



LO: Implement personalized treatment strategies for CSU by evaluating current and emerging therapies, their mechanisms of action, safety, and efficacy.



LO: Incorporate strategies to address the impact of CSU on quality of life (QoL), stress management, mental health, and multidisciplinary care into clinical practice.



Patient Impact

16,196 monthly patient visits managing conditions discussed in this activity

Practice Changes

92% of learners reported that they are likely to make a change in practice (n=663)

Specific changes include:

- Better understanding of the medications prescribed for patients, and why they are chosen.
- Prompt referral for biological after antihistamine, steroid and leukotriene failure.
- Discuss autoimmune component of CSU.
- Routine use of patient-reported outcome measures.
- Work more with the diagnostic team members, explore alternate testing and treatments.
- Will consider increasing dose or interval of omalizumab if the patient is not controlled on the 300mg q 4wk dose
- Consider remibrutinib as an alternative

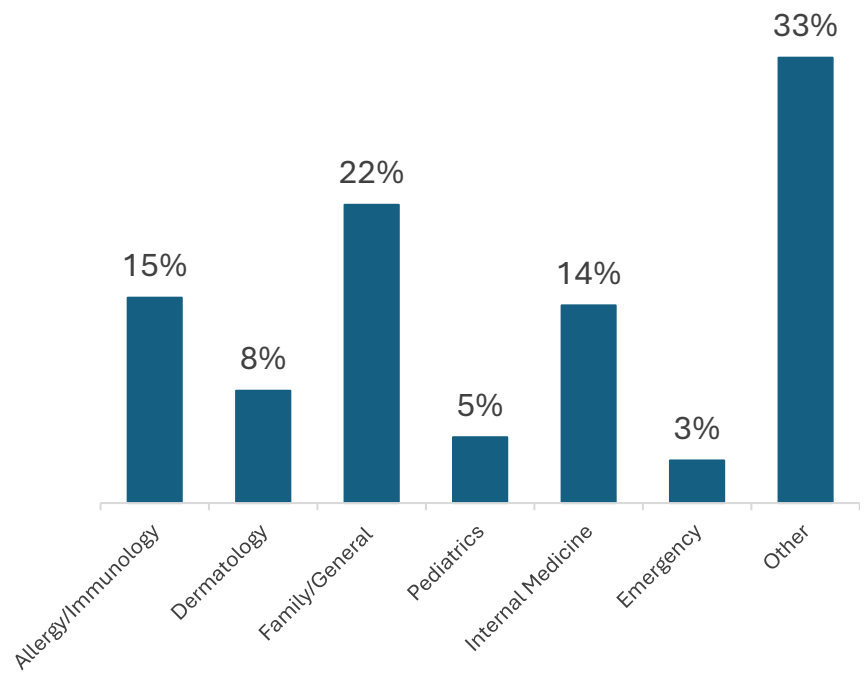
Continuing Educational Needs

- Long-term management strategies for patients on biologics, including tapering, switching, or combination therapies.
- Mechanisms of treatment resistance in CSU and emerging targeted therapies.
- Integration of mental health support and quality-of-life interventions into CSU care.

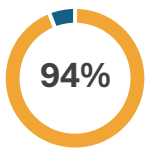
Physician Only Outcomes Summary

Final Outcomes Summary – Online Enduring Activity

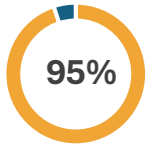
353 Total Physicians



Satisfaction with Content



% reporting the content was relevant to practice



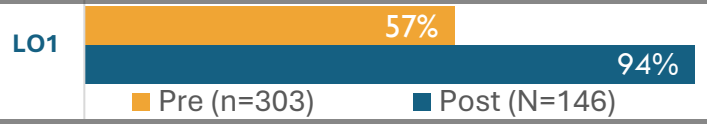
% reporting the learning objectives were achieved

n=241

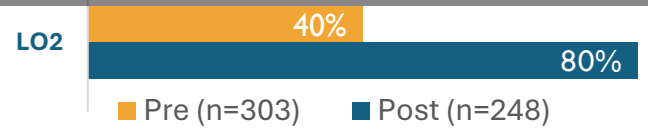
Knowledge and Competence Gains

70% Overall relative knowledge increase

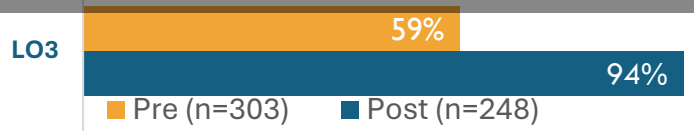
LO: Analyze the pathophysiology of CSU, including the roles of mast cells, autoimmunity, and the complement system, to better understand disease mechanisms.



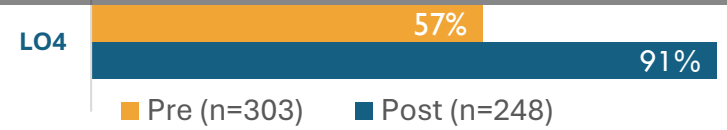
LO: Integrate best practices for CSU diagnosis by utilizing biomarkers, differential diagnosis strategies, and appropriate escalation of care.



LO: Implement personalized treatment strategies for CSU by evaluating current and emerging therapies, their mechanisms of action, safety, and efficacy.



LO: Incorporate strategies to address the impact of CSU on quality of life (QoL), stress management, mental health, and multidisciplinary care into clinical practice.



Patient Impact

4,800 monthly patient visits managing conditions discussed in this activity

Practice Changes

92% of learners reported that they are likely to make a change in practice (n=214)

Specific changes include:

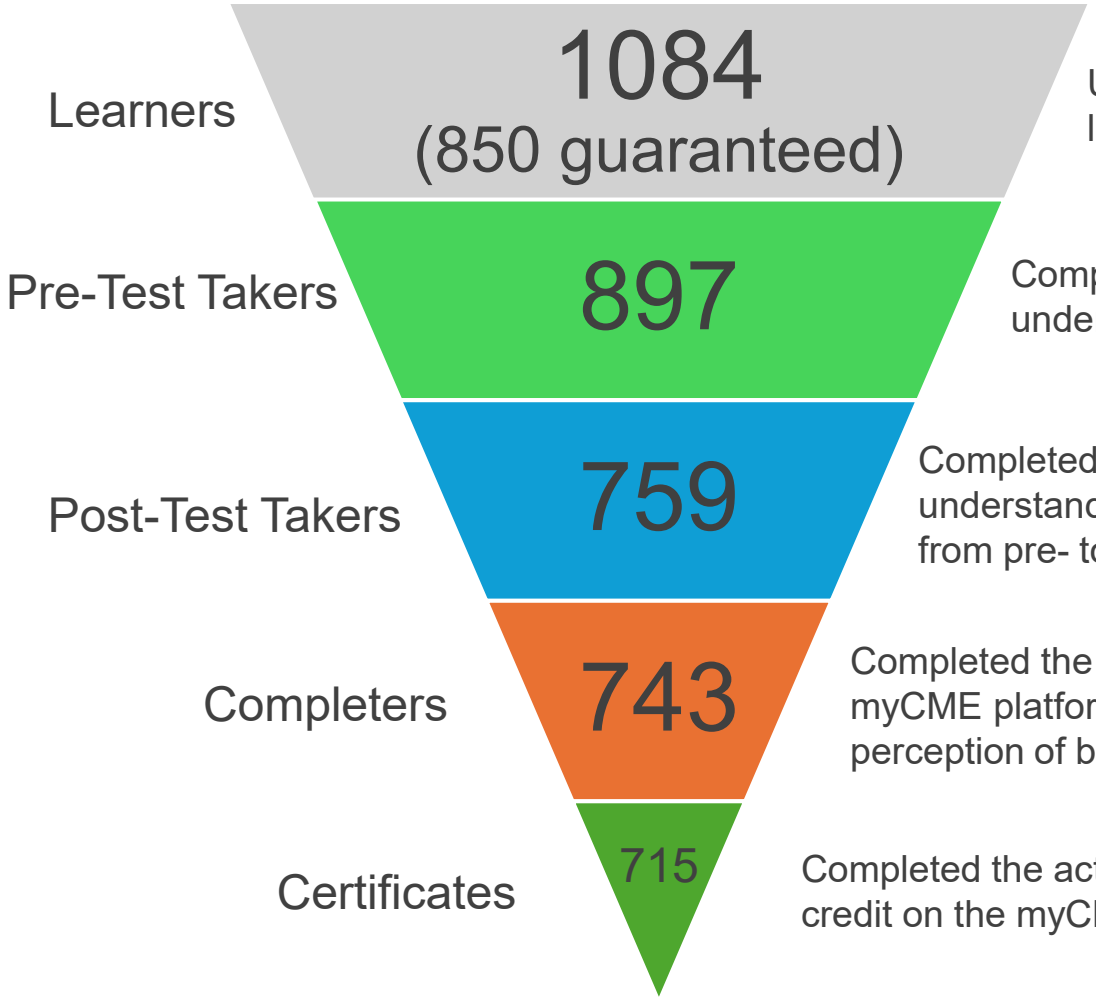
- Biopsies are not needed.
- Avoid going straight to blood testing
- Start biologicals if not improved with H1 blocker at high doses.
- Prompt referral for biological after antihistamine, steroid and leukotriene failure.
- Discuss autoimmune component of CSU.
- Biologic initiation earlier in care.
- More interdisciplinary approach and monitoring patients more closely.

Continuing Educational Needs

- Guidelines to assess patients with CSU
- Diagnostic biomarkers and new medications
- When to do biopsies
- When to add new meds
- BTK inhibitor and where in the treatment paradigm it belongs
- Clinical diagnosis and management approaches for primary care

Level 1 Participation: Participation Funnel

Final Outcomes Summary – Online Enduring Activity



Unique visitors to the activity on the myCME platform. Used for learner breakdown by degree and specialty.

Completed the activity pre-test on the myCME platform. Used to understand pre-participation knowledge/competence.

Completed the activity and the post-test on the myCME platform. Used to understand post-activity knowledge/competence and measure change from pre- to post-activity.

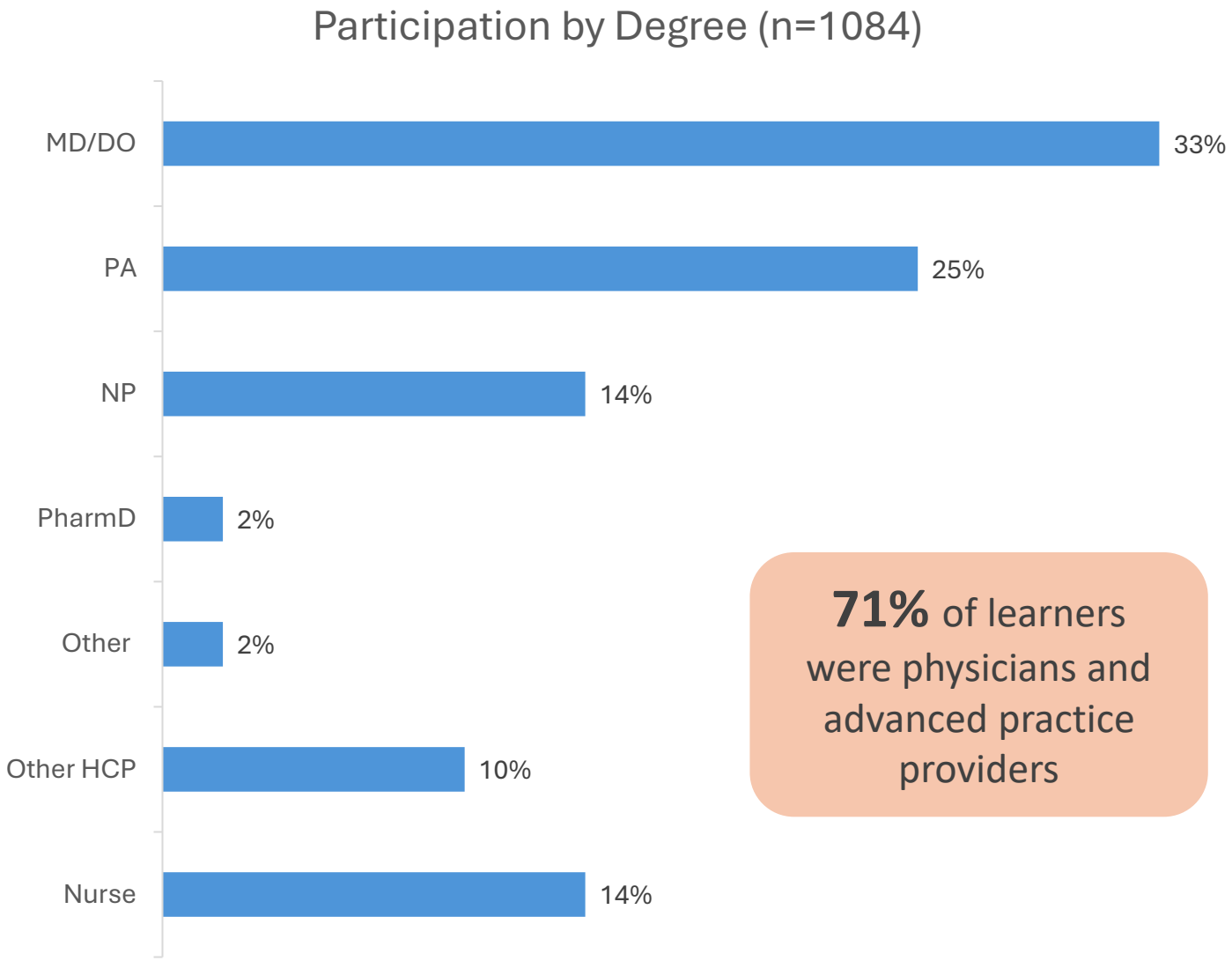
Completed the activity, passed the post-test, and completed the evaluation on the myCME platform. Used to evaluate learner satisfaction, relevance of content, perception of bias, key takeaways, future needs, etc.

Completed the activity, passed the post-test, completed the evaluation, and claimed credit on the myCME platform.

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Level 1 Outcomes: Participation (Degree)

Final Outcomes Summary – Online Enduring Activity



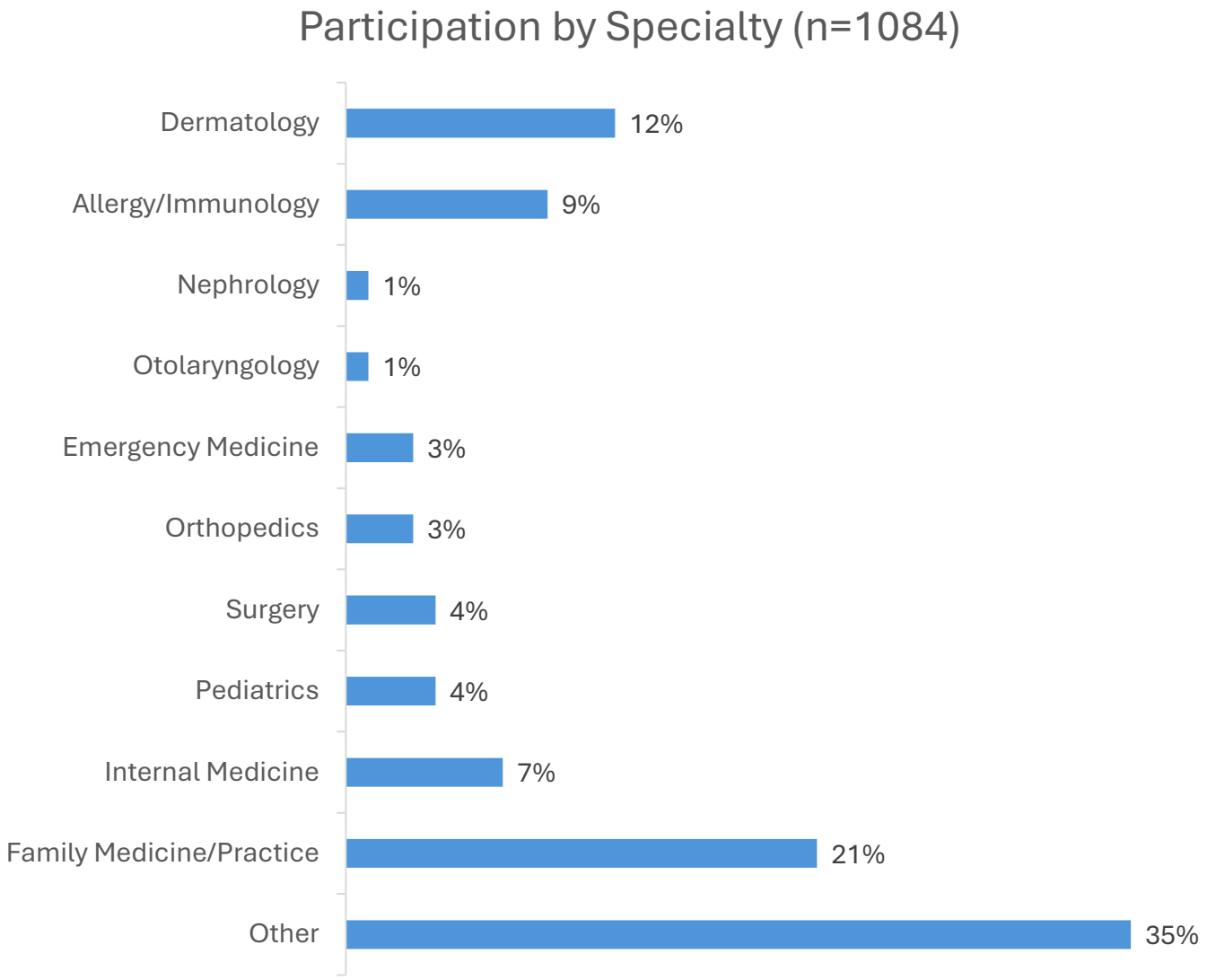
71% of learners were physicians and advanced practice providers

Degree	Total
MD/DO	353
NP	150
PA	270
Nurse	156
PharmD	27
Other Healthcare Provider	110
Other (Administrator, Industry, Student, etc.)	18
Total Learners	**1084**

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Level 1 Outcomes: Participation (Specialty)

Final Outcomes Summary – Online Enduring Activity

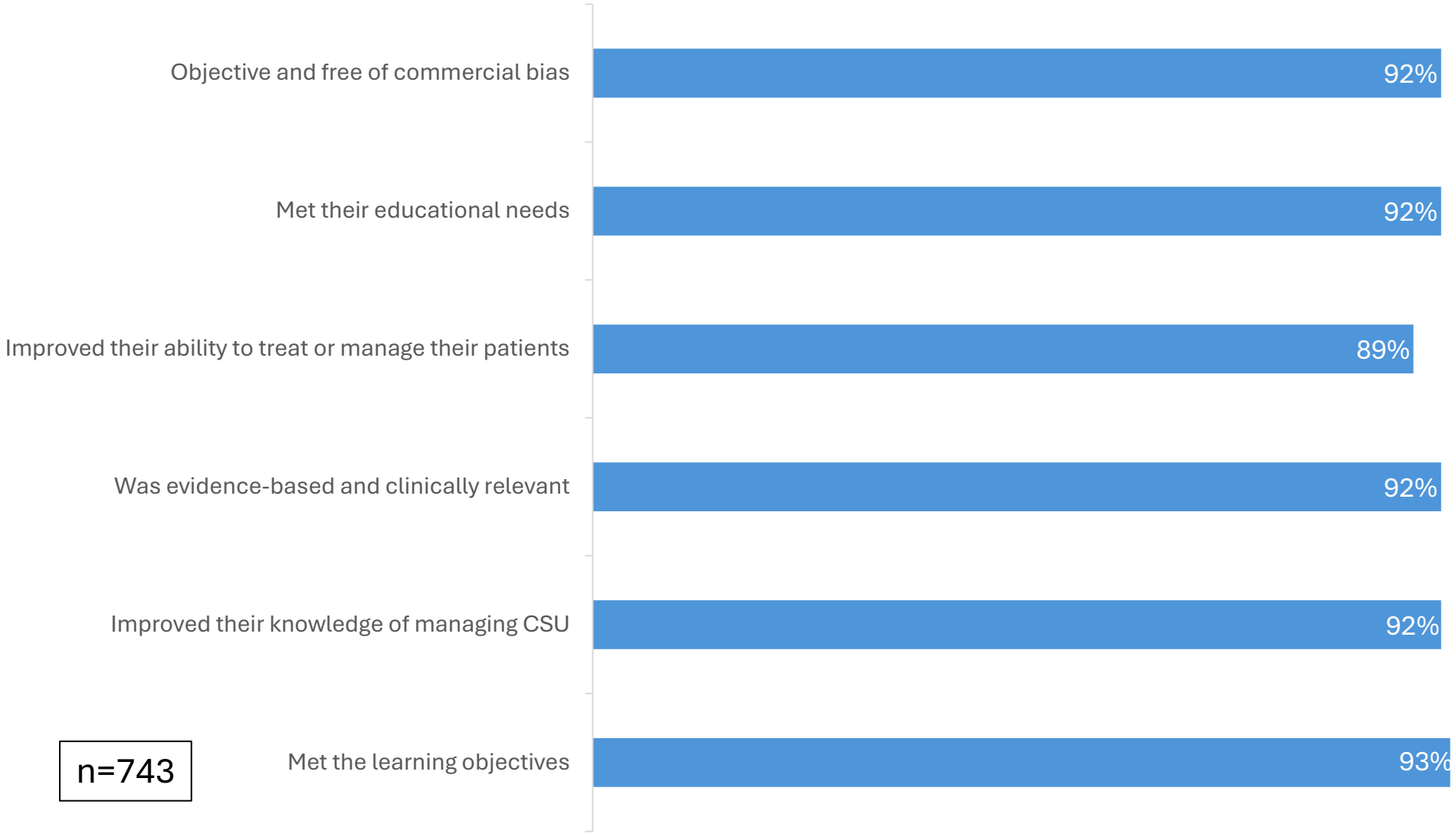


Degree	Total
Allergy/Immunology	96
Dermatology	125
Family Medicine/General Practice	225
Internal Medicine	73
Pediatrics	45
Surgery	42
Orthopedics	33
Emergency Medicine	33
Otolaryngology	14
Nephrology	13
Other	382
Not Reported	3
Total Learners	**1084**

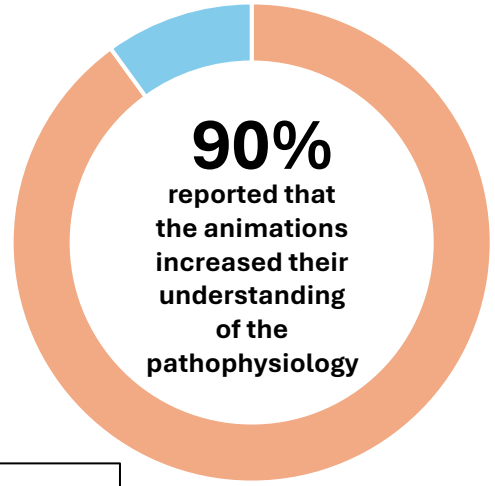
Level 2 Outcomes: Satisfaction

Final Outcomes Summary – Online Enduring Activity

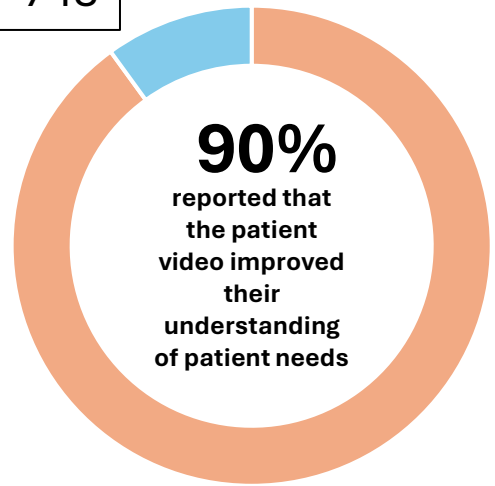
Evaluation respondents "strongly agreed" or "agreed" the activity:



n=743



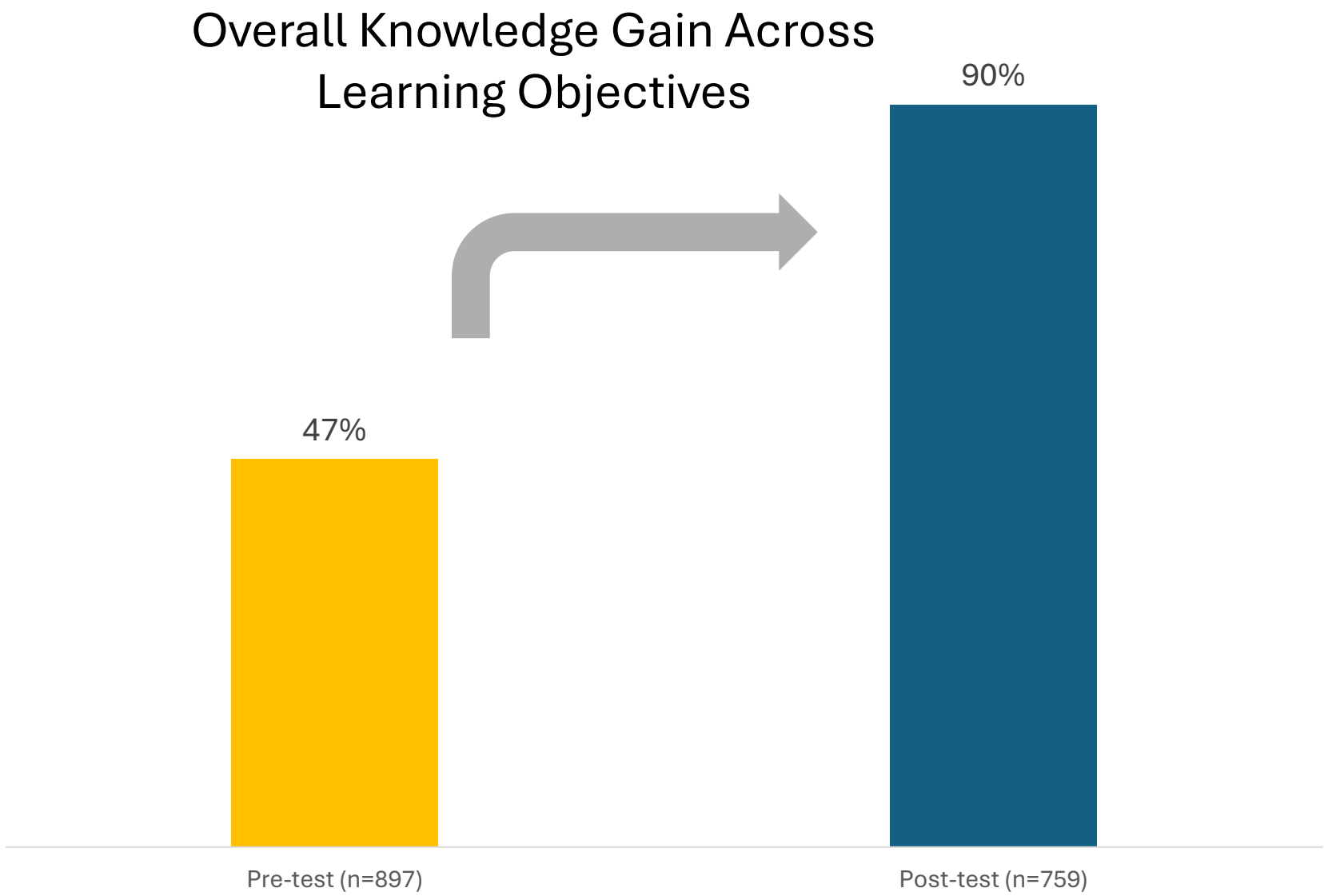
n=743



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Level 3&4 Outcomes: Knowledge and Competence

Final Outcomes Summary – Online Enduring Activity



91% Overall Relative Knowledge Gain

43% Overall Absolute Knowledge Gain

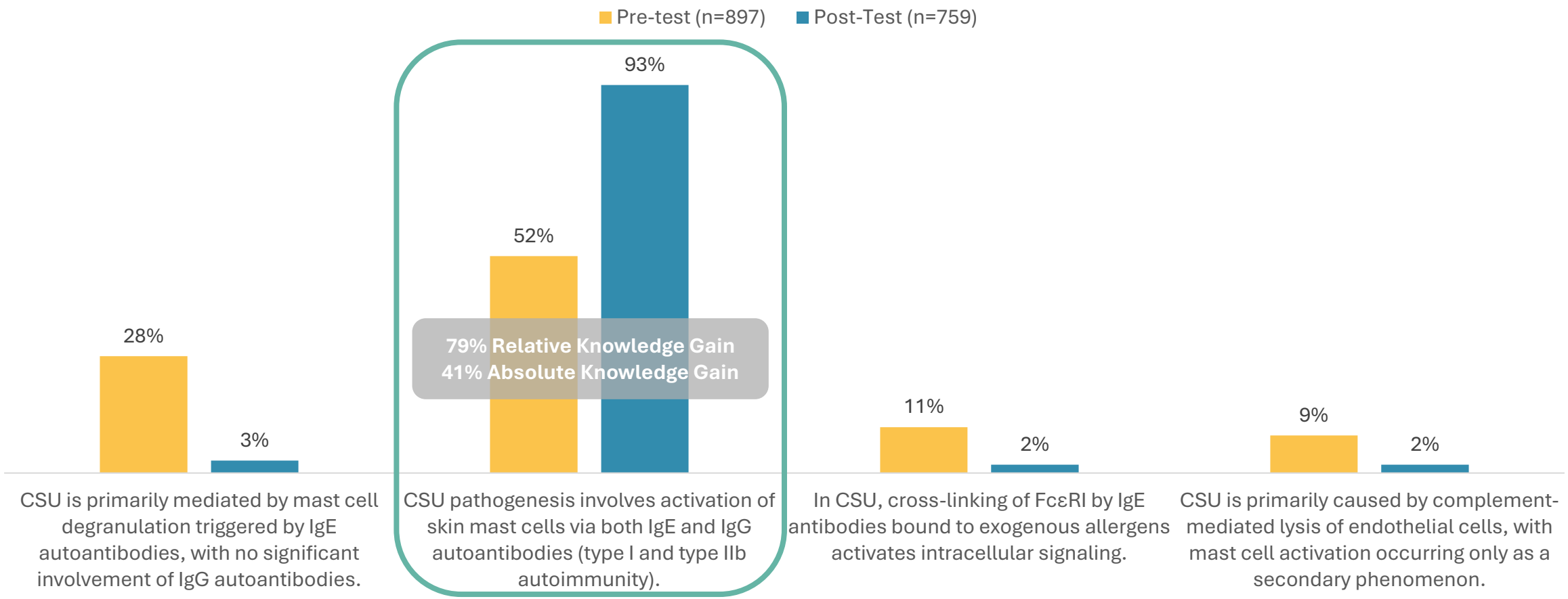
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Level 3&4 Outcomes: Knowledge and Competence

Final Outcomes Summary – Online Enduring Activity

Learning Objective: *Analyze the pathophysiology of CSU, including the roles of mast cells, autoimmunity, and the complement system, to better understand disease mechanisms.*

Question 1: *Which of the following statements best integrates the current understanding of the immunopathogenesis of chronic spontaneous urticaria (CSU)?*

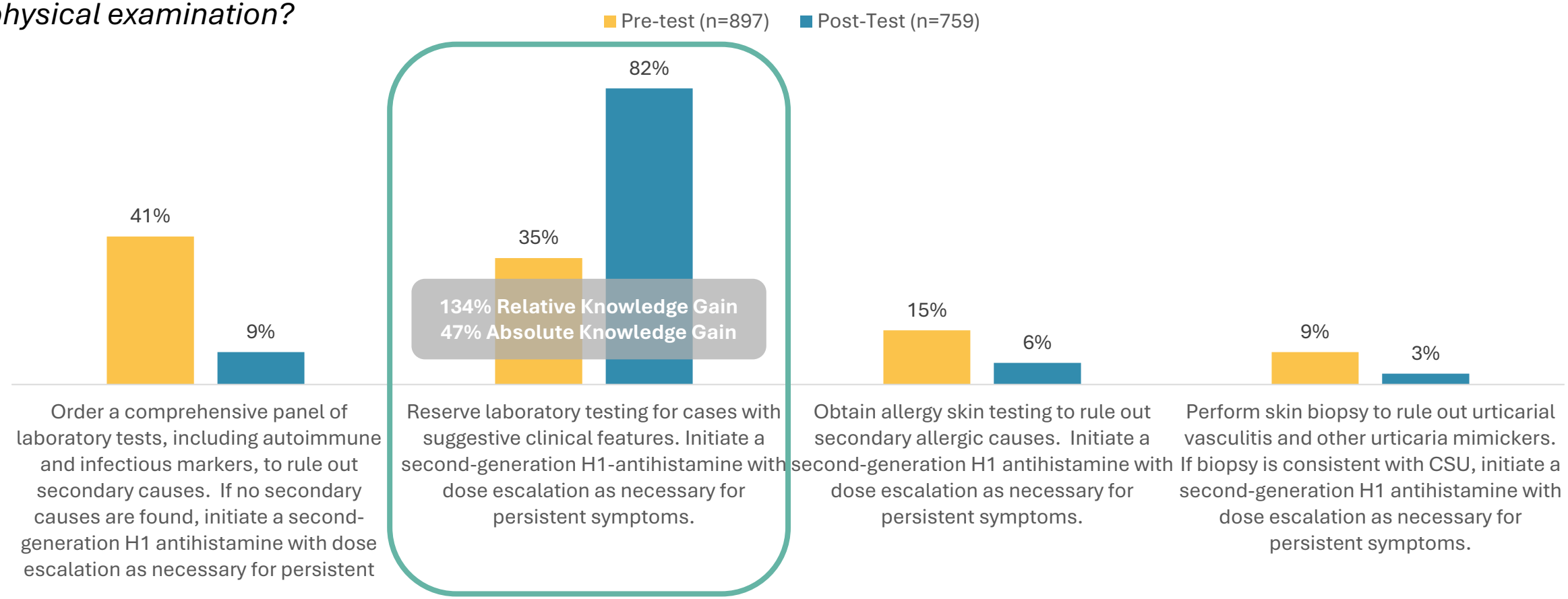


Level 3&4 Outcomes: Knowledge and Competence

Final Outcomes Summary – Online Enduring Activity

Learning Objective: *Integrate best practices for CSU diagnosis by utilizing biomarkers, differential diagnosis strategies, and appropriate escalation of care.*

Question 2: *Which of the following reflects current best practices for the diagnosis and management of chronic spontaneous urticaria (CSU) in a patient with typical clinical features and no concerning findings on history or physical examination?*

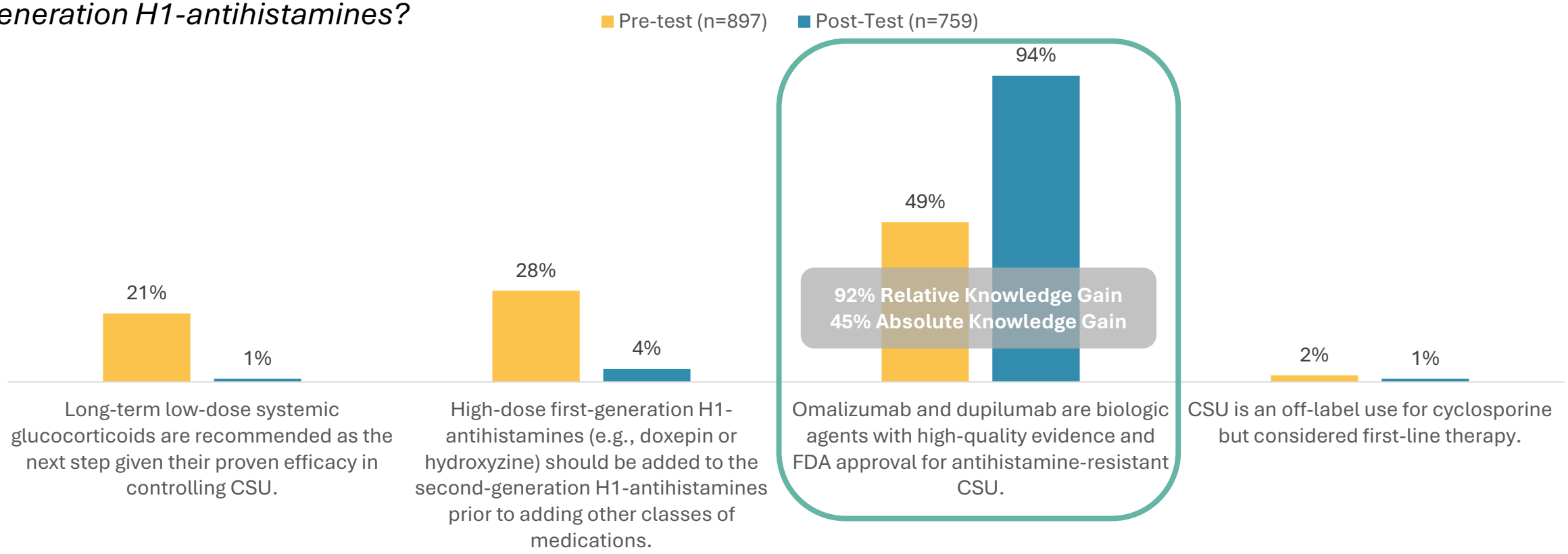


Level 3&4 Outcomes: Knowledge and Competence

Final Outcomes Summary – Online Enduring Activity

Learning Objective: *Implement personalized treatment strategies for CSU by evaluating current and emerging therapies, their mechanisms of action, safety, and efficacy.*

Question 3: *Which of the following statements best reflects the evidence-based approach to personalized treatment of chronic spontaneous urticaria (CSU) in patients who remain symptomatic despite high-dose second-generation H1-antihistamines?*

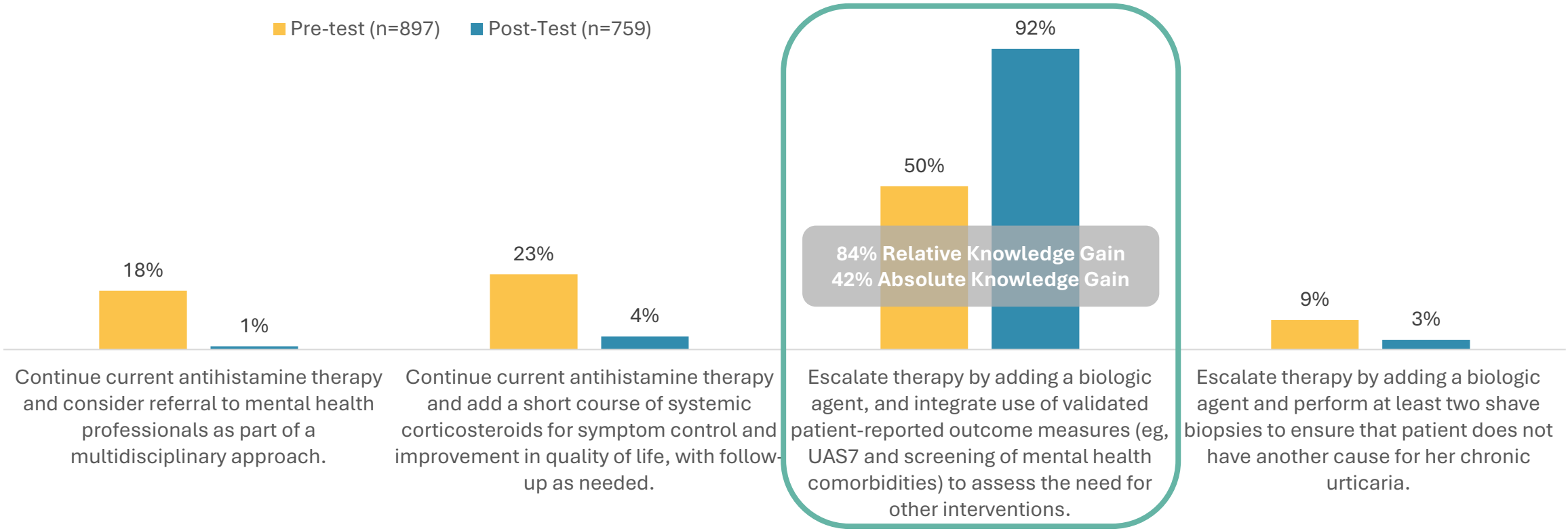


Level 3&4 Outcomes: Knowledge and Competence

Final Outcomes Summary – Online Enduring Activity

Learning Objective: *Incorporate strategies to address the impact of CSU on quality of life (QoL), stress management, mental health, and multidisciplinary care into clinical practice.*

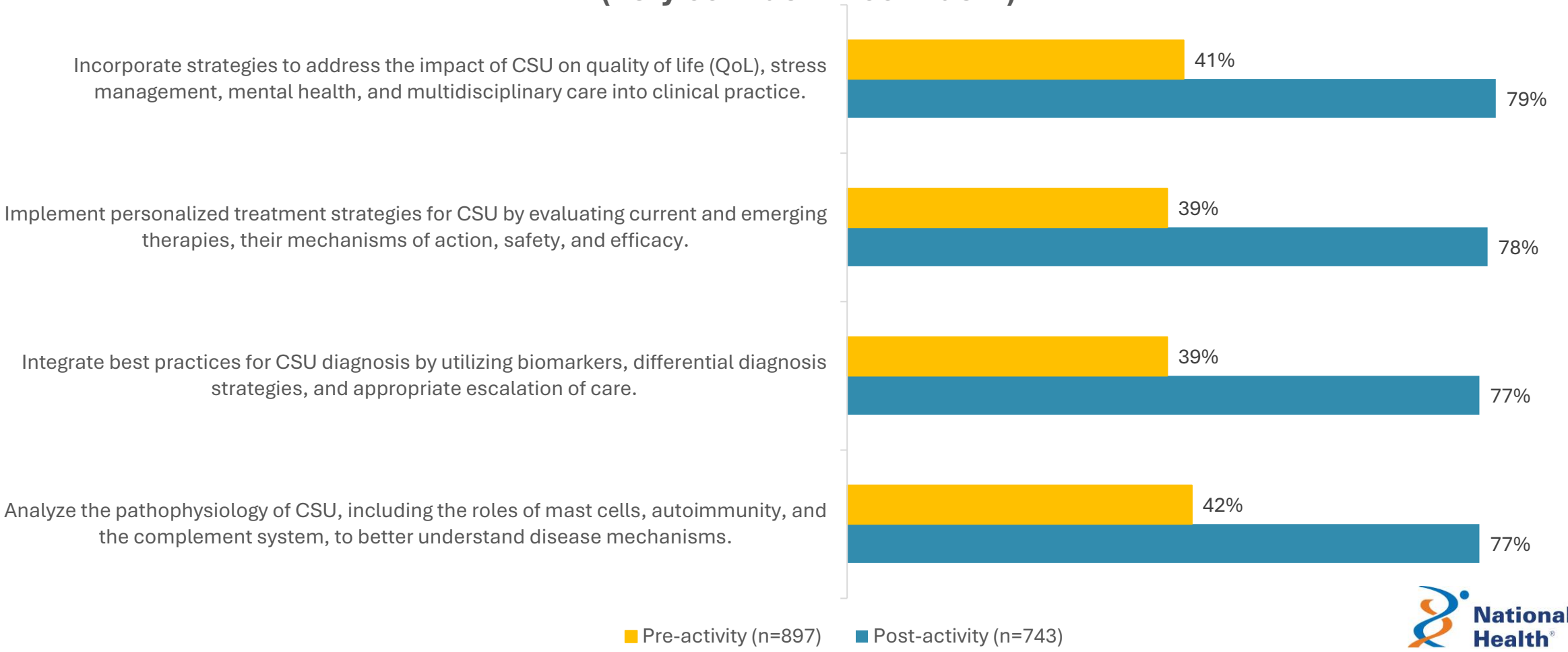
Question 4: *A 42-year-old woman presents with a 2-year history of chronic spontaneous urticaria (CSU), characterized by daily pruritic wheals and intermittent angioedema. She reports significant sleep disturbance and increasing anxiety, which have led to missed workdays and social withdrawal. Her Dermatology Life Quality Index (DLQI) is 18, indicating a very large impact on quality of life. She has had only a partial response to maximally dosed second-generation H1-antihistamines. She is seeking further management options. Which of the following is the best management strategy for this patient?*



Level 4 Outcomes: Competence

Final Outcomes Summary – Online Enduring Activity

Evaluation respondents reported their confidence as it relates to the learning objectives before and after the activity (Very confident – confident)



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Level 4 Outcomes: Competence

Final Outcomes Summary – Online Enduring Activity

Intended changes include:

- Take a more in-depth history when a patient presents with urticaria, including exploration of comorbidities and impact of the urticaria on quality of life
- Incorporate strategies to address the impact of CSU on quality of life (QoL), stress management, mental health, and multidisciplinary care into clinical practice.
- Consider biologic earlier, consider oral agent, screen for side effects
- Screening for possible CSU patients, treating with second generation of antih type II, and referral of selected cases to dermatologist team.
- Begin using dupilumab for CSU - especially in patients with comorbidities like asthma and nasal polyps.
- I usually start at 150mg of omalizumab q 4 weeks but I will start considering 300mg q 4 weeks now.
- Consider remibrutinib as an alternative when there are omalizumab failures

92%

n=663

Evaluation respondents intend to make changes in practice as a result of the activity

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Evaluation Survey Results

Final Outcomes Summary – Online Enduring Activity

Key Takeaways

- Many new therapies are already available or soon becoming available to treat auto-immune and allergic skin conditions
- Better understanding of the disease process and drugs involved in resolution of some symptoms
- CSU is a controllable condition that can be managed by antihistamines and now biologics
- Effective management of chronic spontaneous urticaria (CSU) requires a stepwise, patient-centered approach
- I learned the complex mechanisms involved in CSU and of treatment pathways including biologics
- Understanding the diagnosis, pathophysiology and CSU management modalities
- CSU has a big impact on quality of life for patients and it is important to start treatments early on and reassess without needing to do a bunch of testing early on if not indicated

"CSU is a condition with a complex pathophysiology, that impacts the patient's QoL but has emerging treatments that show significant promise." – Online Learner

"Emerging biologic therapies over the past 10 years have definitely improved the outcomes for patients suffering from CSU, and as such, early referral to dermatology and/or allergy is essential in individuals poorly responsive to high dose second generation H-1 blockers."
- Online Learner

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Evaluation Survey Results

Final Outcomes Summary – Online Enduring Activity

What topics related to CSU would you like to learn more about?

- Epidemiology of this disease in pediatric patients, including adolescents
- Comparing clinical outcomes between biologics and BTK inhibitor
- Long-term management strategies for patients on biologics, including tapering, switching, or combination therapies.
- Mechanisms of treatment resistance in CSU and emerging targeted therapies.
- Integration of mental health support and quality-of-life interventions into CSU care.
- Comorbidities associated with CSU and treatment strategies for managing
- Optimizing multidisciplinary approaches to improve patient quality of life and adherence

84%

n=743

Evaluation respondents indicated the activity addressed strategies for overcoming barriers to optimal patient care

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Accreditation Details

Final Outcomes Summary – Online Enduring Activity

National Jewish Health is accredited with Commendation by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The National Jewish Health Office of Professional Education produced and accredited this program and adhered to all ACCME guidelines.

National Jewish Health designates this enduring material for a maximum of 1.0 *AMA PRA Category 1 Credits*™.



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