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ARTIFICIAL INTELLIGENCE IN PEDIATRIC ASTHMA MANAGEMENT: PREDICTIVE MODELING FOR EXACERBATION RISK AND PERSONALIZED TREATMENT OPTIMIZATION

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ABSTRACT

Background: Asthma is the most common chronic disease of childhood, with exacerbation prediction and treatment personalization remaining key clinical challenges. **Objective:** To develop and validate machine learning models for predicting acute asthma exacerbations and optimizing preventive treatment in children. **Methods:** A prospective cohort of 6,847 children with physician-diagnosed asthma was followed for 24 months. Random Forest and neural network models were trained on clinical, environmental, and digital health sensor data. **Results:** The exacerbation prediction model achieved AUC-ROC of 0.88 (sensitivity 83.2%, specificity 87.4%) at 14-day prediction horizon. Environmental feature integration (air quality, allergen levels, viral surveillance data) improved model performance by 12.3% over clinical data alone. AI-guided treatment optimization reduced exacerbation rate by 34.7% compared to standard care. **Conclusion:** AI integrating clinical, environmental, and digital health data substantially improves pediatric asthma exacerbation prediction and treatment personalization.

Keywords: pediatric asthma, machine learning, exacerbation prediction, digital health, air quality, treatment optimization, preventive care, respiratory disease



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INTRODUCTION

Asthma affects an estimated 262 million people worldwide, with onset predominantly in childhood and adolescence; approximately 14% of children globally have experienced asthma symptoms (GAN, 2024). Despite effective preventive therapies, asthma exacerbations cause 180,000 hospitalizations and 400 deaths annually in children under 15 years in the United States alone, with substantial economic and quality-of-life burden on affected families (Moorman et al., 2023).

The heterogeneous nature of asthma—encompassing multiple endotypes with distinct pathophysiology, trigger profiles, and treatment responses—makes generalized management protocols suboptimal for many individual patients. The identification of distinct pediatric asthma phenotypes, including allergic, non-allergic, viral-triggered, and exercise-induced subtypes, supports a precision medicine approach to prevention and treatment (Toskala & Kennedy, 2023).

Several AI-tractable opportunity areas exist in pediatric asthma management: short-term exacerbation prediction leveraging environmental sensor data and digital symptom reporting; long-term phenotype classification to guide controller therapy selection; and treatment response monitoring using spirometry trend analysis and medication adherence data from smart inhalers. This prospective cohort study evaluates ML model performance across these domains in a real-world pediatric asthma population.

METHODS

Study Design and Population: Prospective cohort study enrolled 6,847 children aged 2–17 years with physician-diagnosed asthma from 24 primary care and pediatric pulmonology practices. Follow-up duration was 24 months. Exclusion



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criteria included co-existing chronic pulmonary disease other than asthma and inability to use digital health monitoring tools.

Data Collection Platforms: Clinical data were extracted from the EHR. Environmental data were obtained from EPA AirNow API (PM2.5, ozone, NO₂), regional allergen monitoring networks (pollen, mold spore counts), and influenza/RSV surveillance data from state health departments. Digital health data included: smart inhaler adherence and technique data (Propeller Health platform); spirometry performed at home using a Bluetooth spirometer (Spirobank Smart); and symptom diary data from a validated asthma digital health application.

ML Model Development: The exacerbation prediction model used a Random Forest ensemble trained on a 14-day rolling window of features. Features included: baseline lung function, recent exacerbation history, controller medication adherence, real-time symptom scores, and environmental exposure indices. A secondary neural network model incorporated wearable physiological data (nocturnal heart rate variability, sleep quality metrics).

Treatment Optimization: A reinforcement learning (RL) model was trained on historical treatment-outcome data to generate personalized step-up/step-down therapy recommendations. The RL model was evaluated in a 12-month randomized controlled trial comparing AI-guided management to standard GINA guideline-based management.

RESULTS

Exacerbation Prediction: The Random Forest model achieved AUC-ROC of 0.88 at 14-day prediction horizon. Sensitivity was 83.2%, specificity 87.4%, PPV 71.3%, NPV 93.6%. Environmental feature integration improved AUC-ROC by 12.3% over clinical data alone (0.88 vs. 0.78, $p < 0.001$). Real-time air quality data



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(PM2.5, ozone) and pollen counts were the highest-importance environmental features.

Treatment Optimization RCT: In the 12-month RCT (n=412 children, AI-guided vs. standard care), AI-guided management achieved: 34.7% reduction in acute exacerbation rate (1.2 vs. 1.8 events/patient-year, $p<0.001$); 28.3% reduction in oral corticosteroid courses; 22.4% reduction in emergency department visits; and 19.1% reduction in school absences. Inhaled corticosteroid dose was 17.8% lower in the AI-guided group due to appropriate step-down, with no difference in asthma control scores.

Digital Health Engagement: Smart inhaler adherence monitoring increased medication adherence from 61.3% to 78.9% ($p<0.001$) through automated reminder alerts. Families who received predictive exacerbation alerts initiated preventive action (rescue medication, activity modification) in 72.4% of triggered alerts.

DISCUSSION

The 12.3% improvement in exacerbation prediction from environmental data integration highlights the critical importance of incorporating real-world exposome data beyond clinical parameters in pediatric asthma management AI. Respiratory virus circulation data contributed particularly strongly to prediction accuracy during autumn and winter seasons, consistent with viral infections being the predominant exacerbation trigger in school-age children.

The reinforcement learning treatment optimization approach addresses a fundamental limitation of conventional guideline-based asthma management: the use of population-averaged step-therapy protocols that do not account for individual patients' phenotypic heterogeneity, trigger profiles, or treatment response patterns. By learning from each patient's longitudinal treatment-



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outcome experience while also leveraging population-level patterns, RL models offer a pathway toward genuinely personalized asthma management.

The 17.8% reduction in ICS dose in the AI-guided group without worsening asthma control is a clinically important finding, as concerns about ICS growth effects remain a significant barrier to controller therapy adherence among caregivers. Demonstration of equivalent control at lower controller doses may improve long-term adherence and outcomes.

Implementation considerations include the digital divide: families with lower socioeconomic status and digital literacy may derive less benefit from digital health platforms, and may lack access to the required technology. Equitable deployment strategies must include device provision, connectivity support, and culturally adapted digital health education for underserved pediatric asthma populations who bear disproportionate disease burden.

CONCLUSION

AI integrating clinical, environmental, and digital health sensor data substantially improves pediatric asthma exacerbation prediction and enables treatment personalization associated with 34.7% reduction in exacerbation rates. Environmental data integration, reinforcement learning-based treatment optimization, and smart inhaler monitoring represent three high-impact AI application domains in pediatric asthma care. Attention to health equity, digital access disparities, and family-centered implementation design are essential to ensure that AI-augmented asthma management benefits all children equitably.

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