

EPOS2020: a major step forward

Together with this issue of *Rhinology*, the new European Position Paper on Rhinosinusitis and Nasal Polyps will see the light. The European Position Paper on Rhinosinusitis and Nasal Polyps 2020 is the update of similar evidence based position papers published in 2005, 2007 and 2012⁽¹⁾. The core objective of the EPOS2020 guideline is to provide revised, up-to-date and clear evidence-based recommendations and integrated care pathways in ARS and CRS⁽²⁾. EPOS2020 provides an update on the literature published and studies undertaken in the eight years since the EPOS2012 position paper and addresses areas not extensively covered in EPOS2012 such as paediatric CRS, sinus surgery, exacerbations of CRS⁽³⁾ and the prevention of CRS⁽⁴⁾. EPOS2020 also involves new stakeholders, like neurologists, immunologists, pharmacists and patients and address new target users who have become more involved in the management and treatment of rhinosinusitis since the publication of the last EPOS document, including nurses, specialised care givers and indeed patients themselves, who employ increasing self-management of their condition using over the counter treatments^(5,6). The document provides suggestions for future research in this area and offers updated guidance for definitions and outcome measurements for research in different settings. To produce a totally transparent process the EPOS2020 steering group published a development strategy and goals for

EPOS2020⁽²⁾. More than 50.000 abstracts have been reviewed and thousands of full text papers analysed. The final result is a 500 page reference work with an executive summary as the first chapter which provides a quick update of what has happened in the last 8 years in rhinosinusitis.

Of course, there is also a very interesting new normal issue of the journal with a paper on dupilumab (Bachert et al, this issue). Dupilumab is the first monoclonal antibody that has been approved for the treatment of CRSwNP by the FDA and EMA. The indication for this expensive treatment (in Europe around 15.000 € per year) is now still limited to the very severe patients with CRSwNP^(7, EPOS2020). However, one may expect a shift in the treatment of CRSwNP in the coming years^(8,9). Also, included in this issue is a paper on a less expensive way to treat patients with CRS by using a new delivery system with fluticasone (Sher et al, this issue). The real power of this new device compared to other delivery forms like nasal sprays and irrigation with nasal corticosteroids still has to take place but the results look very promising. Unfortunately, it is not yet on the market in Europe. A systematic review on endoscopic transnasal orbital decompression for Graves' ophthalmopathy (Tsetos, this issue), papers on HHT, inverted papilloma and smell disorders complete this issue.

References

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