



DUDLEY
RESPIRATORY
GROUP



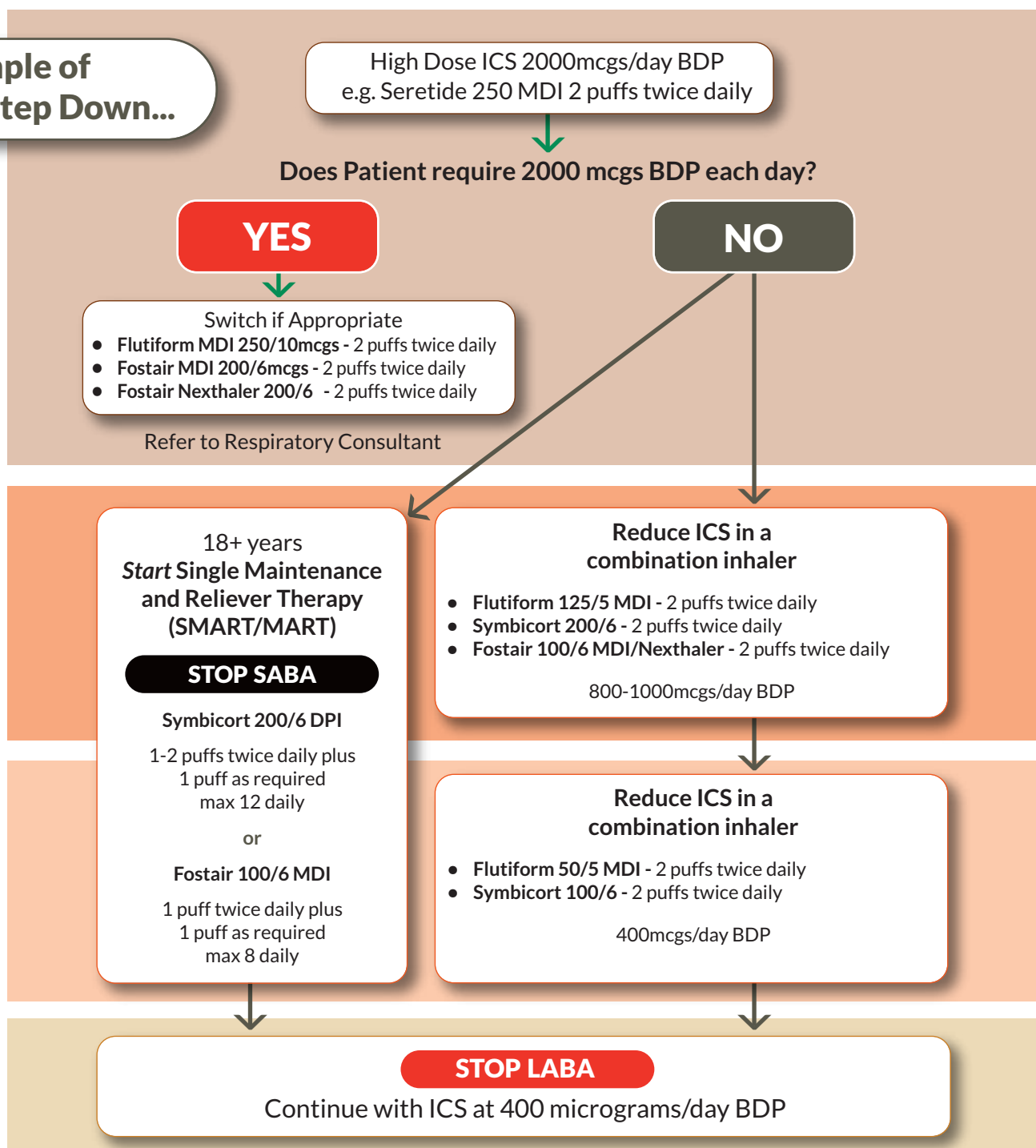
ADULT ASTHMA TREATMENT GUIDELINES

for
18+ years

Stepping Down

- Take a full clinical history
 - Assess inhaler technique
 - Check compliance
- Is the diagnosis correct? Is it Asthma? Reduce ICS 3-6 monthly and monitor**

An example of how to Step Down...



The aim of asthma management is control of the disease. Complete control of asthma is defined as:

- no daytime symptoms
- no night time awakening due to asthma
- no need for rescue medication
- no asthma attacks
- no limitations on activity including exercise
- Normal lung function
- Minimal side effects from medication