

Below are the preferred treatment choices, please see local formulary for full listing.

MOVE UP OR DOWN AND MAINTAIN LOWEST CONTROLLING THERAPY

TABLE 1

ALWAYS

ICS is the Cornerstone of Treatment

- Is it Asthma?
- Prescribe by brand
- Check inhaler technique
- Check Compliance
- Identify & document trigger factors
- Consider using a spacer compatible with MDI
- Ensure patient is using an ICS or ICS in a combination inhaler
- Provide an Asthma Action Plan
- Maintain lowest controlling therapy

Asthma is not controlled if using >2 reliever inhalers per year.
Consider REVIEW if >6 requested per year

LOW DOSE ICS

Pulmicort 200 Turbohaler (DPI) 1 puff twice daily	Budesonide Easyhaler DPI 200mcgs 1 puff twice daily	Clenil 200 MDI 1 puff twice daily (Spacer recommended)
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plus reliever SABA - see **TABLE 1** before stepping up

INITIAL & ADDITIONAL THERAPY OPTIONS

MART

Symbicort 200/6 Turbohaler (DPI) 1-2 puffs twice daily plus reliever (ICS/Formoterol) (max 12 puffs/day)	Fostair 100/6 NextHaler (DPI)/MDI 1 puff twice daily plus reliever (ICS/Formoterol) (max 8 puffs/day)	Fobumix 160/4.5 Easyhaler (DPI) 1-2 puffs twice daily plus reliever (ICS/Formoterol) (max 12 puffs/day)
SMART	MART	MART

OR

LOW DOSE ICS/LABA

Symbicort 200/6 Turbohaler (DPI) 1 puff twice daily plus reliever (SABA)	Fostair 100/6 NextHaler (DPI)/MDI 1 puff twice daily plus reliever (SABA)	Fobumix 160/4.5 Easyhaler (DPI) 1 puff twice daily plus reliever (SABA)
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MEDIUM DOSE ICS/LABA

see **TABLE 1** and try different options before stepping up

Symbicort 200/6 Turbohaler (DPI) 2 puffs twice daily plus reliever (SABA)	Fostair 100/6 NextHaler (DPI)/MDI 2 puffs twice daily plus reliever (SABA)	Fobumix 160/4.5 Easyhaler (DPI) 2 puffs twice daily plus reliever (SABA)
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For patients who are already using Symbicort or Fostair (as above) with separate reliever - SABA; and using 3 or more SABAs per year, consider replacing SABA Reliever with ICS/Formoterol Reliever - (MART/SMART)

CARBON FOOTPRINT

- HFC in MDIs contribute to the NHS carbon footprint DPIs have a lower carbon footprint BUT patient preference and inspiratory flow MUST be considered before offering DPIs
- UNCONTROLLED ASTHMA CONTRIBUTES TO A HIGHER CARBON FOOTPRINT

Greener Inhaler Toolkit for GP Practices
<https://bit.ly/3xE23Qh>



LOW/MEDIUM DOSE ICS/LABA



Relvar 92/22 Ellipta (DPI)
1 puff once daily plus reliever (SABA)
Not licensed for MART

LTRA

CONTINUE with ICS
ADD LTRA once daily
If no benefit after 4 weeks then **STOP LTRA**

Leukotrine Receptor Antagonist

Montelukast 10mg tablet once a day at night

Add a LAMA

add LAMA

Spiriva Respimat 2.5mcgs 2 puffs once daily LAMA	Trimbow MDI 87/5/9 2 puffs twice daily (ICS+LABA+LAMA)
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It is indicated as an add on bronchodilator treatment in patients with asthma who are currently treated with a maintenance combination inhaler (ICS/LABA) at medium dose or higher and who experience one or more severe exacerbations in the previous year.

REMEMBER:

when you start a (ICS+LABA+LAMA) in a combination inhaler then **STOP ICS /LABA & / or LAMA** in separate inhaler.

REFER TO DIFFICULT ASTHMA CLINIC

RELIEVERS

RELIEVER: ICS/FORMOTEROL

Symbicort 200/6 Turbohaler (DPI) 1 puff as needed	Fostair 100/6 NextHaler (DPI)/MDI 1 puff as needed	Fobumix 160/4.5 Easyhaler (DPI) 1 puff as needed
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To be prescribed in addition to daily low dose ICS/Formoterol (MART)

RELIEVER: SABA

Bricanyl 500 Turbohaler (DPI) 1 puff as required	Salbutamol Easyhaler 100mcgs 2 puffs as required or 200mcgs 1 puff as required	Salamol 100 MDI (Spacer recommended) 2 puffs as required	Salamol 100 Easi-Breathe MDI 2 puffs as required
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To be prescribed in addition to daily ICS or daily ICS/LABA or daily ICS/LABA/LAMA

(see local formulary) **SPACER DEVICES (TO BE USED WITH MDIs ONLY)**



KEY

- ICS - Inhaled Corticosteroid
- LABA - Long Acting Beta₂ Agonist
- SABA - Short Acting Beta₂ Agonist
- LAMA - Long Acting Muscarinic Antagonist
- LTRA - Leukotriene Receptor Antagonist
- MDI - Metered Dose Inhaler
- DPI - Dry Powder Inhaler
- MART - Maintenance & Reliever Therapy
- HFC - Hydrofluorocarbon
- SMART - Single Maintenance & Reliever Therapy
- BDP - Beclomethasone Dipropionate

	BDP ICS	Budesonide ICS	BDP Extra fine formulation: ICS	Fluticasone Furoate ICS	Formoterol LABA	Vilanterol LABA	Tiotropium LAMA	Glycopyrronium LAMA
Clenil	✓							
Pulmicort		✓						
Symbicort		✓			✓			
Trimbow			✓		✓			✓
Fostair			✓		✓			
Relvar				✓		✓		
Spiriva							✓	
Fobumix		✓			✓			