

ASTHMA TREATMENT GUIDELINES

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

MOVE UP OR DOWN AND MAINTAIN LOWEST CONTROLLING THERAPY*

REGULAR PREVENTER

Daily Low Dose ICS plus reliever as needed

see **TABLE 1** before stepping up

LOW DOSE ICS



Pulmicort 200 Turbohaler (DPI)
1 puff twice daily

Clenil 100 MDI
2 puffs twice daily (Spacer recommended)

TABLE 1

ALWAYS

ICS is the Cornerstone of Treatment

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

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

*when stepping up advise patient they may be stepped back down

INITIAL ADD ON THERAPY OPTIONS

Daily Low Dose ICS/Formoterol plus reliever (Low Dose ICS/Formoterol) as needed (MART) **OR** Daily Low Dose ICS/LABA plus reliever (SABA) as needed **OR / AND** **CONTINUE with ICS ADD LTRA once daily** If no benefit after 4 weeks then **STOP LTRA** see prescribing info below

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

LOW DOSE ICS/FORMOTEROL

18+ years

Symbicort 200/6 Turbohaler (DPI)
1 puff twice daily plus 1 puff as needed (max 12 puffs/day)

Fostair 100/6 NextHaler (DPI)/MDI
1 puff twice daily plus 1 puff as needed (max 8 puffs/day)

MART

LOW DOSE ICS/LABA

18+ years

Symbicort 200/6 Turbohaler (DPI)
1 puff twice daily

Fostair 100/6 NextHaler (DPI)/MDI
1 puff twice daily

Relvar 92/22 Ellipta (DPI)
1 puff once daily

Flutiform 50/5 MDI/KHaler
2 puffs twice daily

ADDITIONAL CONTROLLER THERAPY OPTIONS

Daily Medium Dose ICS/Formoterol plus reliever (Low Dose ICS/Formoterol) as needed (MART) **OR** Daily Medium Dose ICS/LABA plus reliever (SABA) as needed **OR** Daily Medium Dose ICS plus reliever as needed

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

MEDIUM DOSE ICS/FORMOTEROL

18+ years

Symbicort 200/6 Turbohaler (DPI)
2 puffs twice daily plus 1 puff as needed* (max 12 puffs/day)

Fostair 100/6 NextHaler (DPI)/MDI
1 puff twice daily plus 1 puff as needed (max 8 puffs/day)

MART

MEDIUM DOSE ICS/LABA

18+ years

Symbicort 200/6 Turbohaler (DPI)
2 puffs twice daily

Fostair 100/6 NextHaler (DPI)/MDI
2 puffs twice daily

Relvar 92/22 Ellipta (DPI)
1 puff once daily

Flutiform 125/5 MDI/KHaler
2 puffs twice daily

12-17 years

18+ years

REFER to Respiratory Paediatrician (you may consider referring before stepping up to Additional Controller Therapies)

Add a LAMA

LTRA

Leukotrine Receptor Antagonist

12-14 years
Montelukast 5mg Chewtab once a day at night

15+ years
Montelukast 10mg Tablet once a day at night

LAMA

Spiriva Respimat 2.5mcgs
2 puffs once daily

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



SEE FAQs

REFER TO DIFFICULT ASTHMA CLINIC (see guidelines)

RELIEVER: ICS/FORMOTEROL

18+ years

Symbicort 200/6 Turbohaler (DPI)
1 puff as needed

Fostair 100/6 NextHaler (DPI)/MDI
1 puff as needed

To be prescribed in addition to daily ICS/Formoterol (MART)

RELIEVER: SABA

Salbutamol 100 MDI (Spacer recommended)
2 puffs as required

Bricanyl 500 Turbohaler (DPI)
1 puff as required

Salamol 100 Easi-Breathe MDI
2 puffs as required

Asthma is not controlled if:

- using reliever 3 times a week or more.
- having symptoms 3 times a week or more.
- waking at least once a week.

To be prescribed in addition to daily ICS or daily ICS/LABA

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
† - only available on Dudley Formulary

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

Key for asthma guidelines

	BDP ICS	Budesonide ICS	BDP Extra fine: ICS	Fluticasone Propionate ICS	Fluticasone Furoate ICS	Formoterol LABA	Vilanterol LABA	Tiotropium LAMA
Clenil	✓							
Pulmicort		✓						
Qvar			✓					
Symbicort		✓				✓		
Flutiform				✓		✓		
Fostair			✓			✓		
Relvar					✓		✓	
Spiriva								✓

For more information

NHS Dudley, NHS Sandwell and West Birmingham, NHS Walsall, NHS Wolverhampton