

STEPWISE APPROACH TO MANAGING ASTHMA

Quick reference medication guides, asthma action plans and more: GetAsthmaHelp.org/GIST Intermittent **Persistent Asthma: Daily Medication** Asthma Step up as indicated although address possible poor adherence to medication. Re-assess in 2 to 6 weeks. Report 3: Guidelines for the Diagnosis and Management of Asthma 2007 Step down if well controlled and re-assess in 3 months. If very stable then assess control every 3 to 6 months. Publication 07-4051. This tool was adapted from the Colorado Reference: National Heart, Lung, and Blood Institute's Expert **STEP 6** All LABAs and combination agents containing LABAs have a black box warning. AGE 12+ YRS **STEP 5** High-dose inhaled steroid + AGE 12+ YRS long-acting beta Clinical Guidelines Collaborative. **STEP 4** agonist + oral steroid High-dose inhaled steroid + -and-Consider AGE 12+ YRS long-acting beta agonist omaluzimab STEP 3 —and— **Preferred:** if allergies Consider Medium-dose AGE 12+ YRS inhaled steroid + omaluzimab Panel if allergies ΗN STEP 2 long-acting beta **AGE 5-11 YRS Preferred:** agonist Low-dose Alternative: **Preferred:** ALL AGES inhaled steroid + Medium-dose High-dose AGE 5-11 YRS long-acting beta STEP 1 inhaled steroid + inhaled steroid + agonist or **Preferred:** leukotriene **Preferred:** long-acting beta (all ages) Low-dose Medium-dose blocker High-dose agonist inhaled steroid inhaled steroid inhaled steroid + Short-acting Alternative: Alternative: Alternative: long-acting beta High-dose beta-agonist Low-dose Leukotriene agonist inhaled steroid + (e.g., albuterol prn) AGE 5-11 YRS inhaled steroid + blocker or Alternative: leukotriene leukotriene cromolyn Same as 12+ yrs High-dose blocker blocker If used more than 2 inhaled steroid + days per week leukotriene oral steroid (other than for AGE 0-4 YRS blocker AGE 0-4 YRS AGE 5-11 YRS inadequate control Consider referral and the need to AGE 0-4 YRS Medium-dose (especially if Low-dose step up treatment. inhaled steroid AGE 0-4 YRS diagnosis is inhaled steroid + in doubt) High-dose long-acting beta either inhaled steroid High-dose agonist or long-acting inhaled steroid +leukotriene beta-agonist or either long-acting blocker or leukotriene beta-agonist or either long-acting Medium-dose leukotriene blocker beta-agonist or inhaled steroid blocker leukotriene blocker oral steroid AGE 0-4 YRS Medium-dose inhaled steroid + All ages Steps 4 through 6: referral Consult with asthma specialist Consider immunotherapy if allergic asthma

RESCUE MEDICATION: Short-acting beta-agonist (e.g. albuterol) as needed for symptoms. Treatment intensity depends on symptom severity. Frequent or increasing use of rescue medication may indicate inadequate control and the need to step up treatment.