STEPWISE APPROACH TO MANAGING ASTHMA

**Persistent Asthma: Daily Medication**

Assess Control: First check adherence, inhaler technique, environmental factors, and comorbid conditions.

*Step up if needed; reassess in 4–6 weeks. Step down if possible (if asthma is well controlled for at least 3 consecutive months)*

**STEP 1 (ALL AGES)**

**Preferred:**
- PRN Short-acting beta-agonist (e.g. albuterol)

**Intermittent Asthma**

**STEP 2 (ALL AGES)**

**Preferred:**
- Low-dose ICS & PRN SABA

**Alternative:**
- AGE 12+
  - Add concomitant ICS PRN
  - AGE 0-4
    - Add low-dose ICS & PRN SABA
    - Montelukast* & PRN SABA
  - Montelukast* or Cromolyn & PRN SABA

**STEP 3**

**Preferred:**
- AGE 12+ & 5-11
  - Combination medium-dose ICS-formoterol daily & PRN
  - AGE 0-4
    - Low-dose ICS-LABA & PRN SABA
    - Medium-dose ICS, & PRN SABA
    - Montelukast* & low-dose ICS
  - Montelukast* or Cromolyn & PRN SABA

**STEP 4**

**Preferred:**
- AGE 12+
  - Medium-high dose ICS-LABA + LAMA & PRN SABA
  - AGE 0-4
    - High-dose ICS-LABA & PRN SABA
  - Montelukast* & high-dose ICS + PRN SABA

**STEP 5**

**Preferred:**
- AGE 12+ & 5-11
  - Medium-high dose ICS-LABA + LAMA & PRN SABA
  - AGE 0-4
    - High-dose ICS-LABA & PRN SABA
  - Montelukast* & high-dose ICS + PRN SABA

**STEP 6**

**Preferred:**
- AGE 12+
  - High-dose ICS-LABA + PRN SABA
  - AGE 0-4
    - High-dose ICS-LABA + oral corticosteroid & PRN SABA

**Steps 5 and 6:** Consider appropriate asthma biologic treatment

Children 4 years and older may use Step 3 & Step 4 for children ages 5-11

Steps 2, 3 and 4. Ages 5+: Subcutaneous immunotherapy may be used as an adjunct treatment to standard medications in patients whose asthma is controlled at the initiation, build up and maintenance phases of immunotherapy.

* Cromolyn, Nedocromil, LTRAs including Zileuton and montelukast, and Theophylline were not considered for the 2020 update, and/or have limited availability for use in the U.S., and/or have an increased risk of adverse consequences and need for monitoring that make their use less desirable.