

# Single Maintenance And Reliever Therapy (SMART) Step Guide 5-11 Years Old

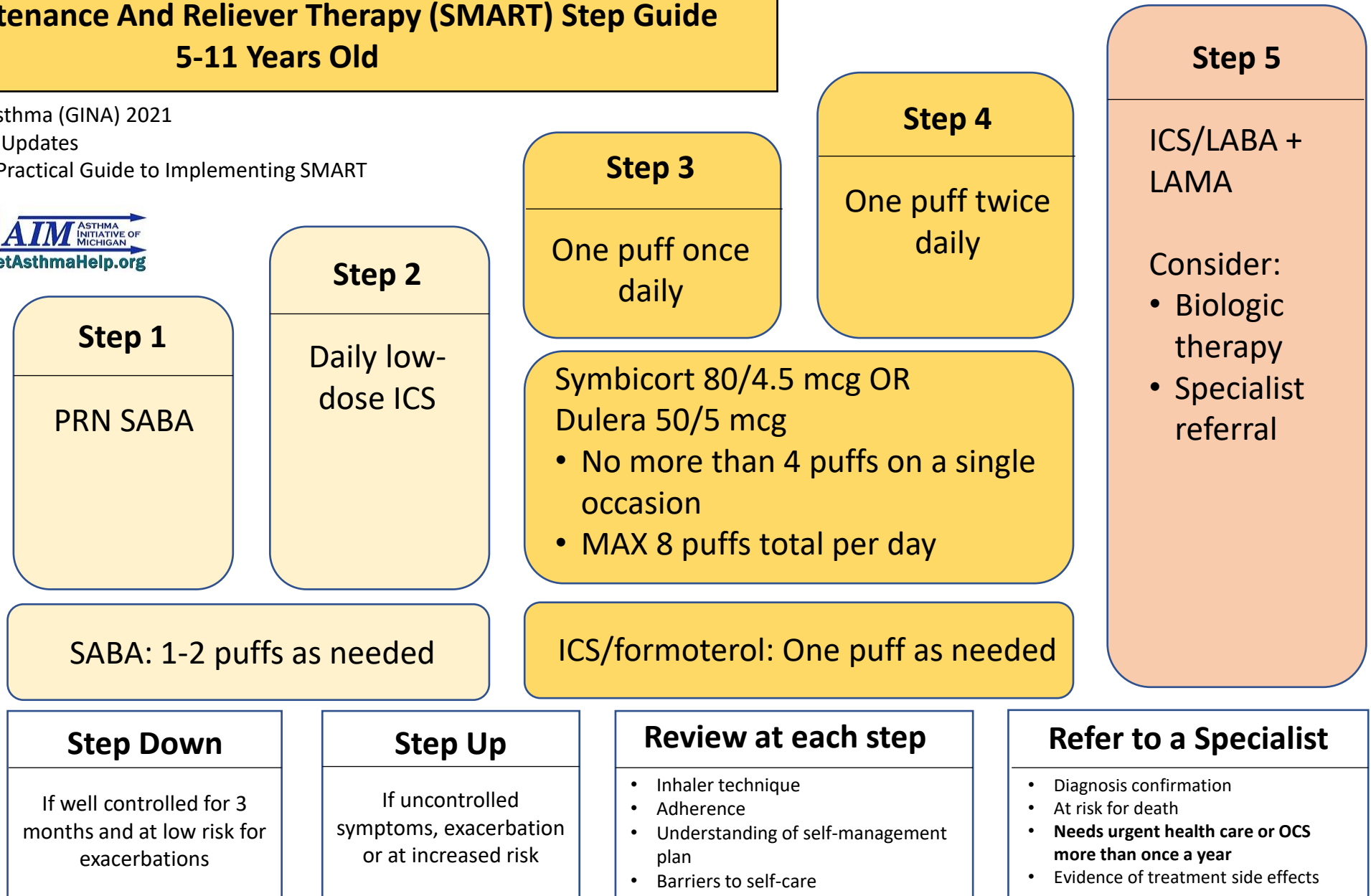
- Global Initiative for Asthma (GINA) 2021
- NAEPP 2020 Focused Updates
- JACI 2022 January: A Practical Guide to Implementing SMART



**Maintenance**

**Reliever**

**Reassess every 3 months or at times of poor control**



**Step 1**

PRN SABA

**Step 2**

Daily low-dose ICS

**Step 3**

One puff once daily

Symbicort 80/4.5 mcg OR  
Dulera 50/5 mcg

- No more than 4 puffs on a single occasion
- MAX 8 puffs total per day

**Step 4**

One puff twice daily

**Step 5**

ICS/LABA + LAMA

Consider:

- Biologic therapy
- Specialist referral

**Step Down**

If well controlled for 3 months and at low risk for exacerbations

**Step Up**

If uncontrolled symptoms, exacerbation or at increased risk

**Review at each step**

- Inhaler technique
- Adherence
- Understanding of self-management plan
- Barriers to self-care

**Refer to a Specialist**

- Diagnosis confirmation
- At risk for death
- **Needs urgent health care or OCS more than once a year**
- Evidence of treatment side effects

# Single Maintenance And Reliever Therapy (SMART) Step Guide 12+ Years Old

- Global Initiative for Asthma (GINA) 2021
- NAEPP 2020 Focused Updates
- JACI 2022 January: A Practical Guide to Implementing SMART



**Maintenance**

## Steps 1 & 2

No daily controller

## Step 3

One puff once or twice daily

Symbicort 160/4.5 mcg OR  
Dulera 100/5 mcg

- No more than 6 puffs on a single occasion
- MAX 12 puffs total per day

## Step 4

Two puffs twice daily

## Step 5

ICS/LABA + LAMA

Consider:

- Biologic therapy
- Specialist referral

**Reliever**

ICS/formoterol: One puff as needed

**Reassess every 3 months or at times of poor control**

### Step Down

If well controlled for 3 months and at low risk for exacerbations

### Step Up

If uncontrolled symptoms, exacerbation or at increased risk

### Review at each step

- Inhaler technique
- Adherence
- Understanding of self-management plan
- Barriers to self-care

### Refer to a Specialist

- Diagnosis confirmation
- At risk for death
- **Needs urgent health care or OCS more than once a year**
- Evidence of treatment side effects