

Persistent Asthma: Daily Medication

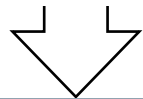
Assess Control: First check adherence, inhaler technique, environmental factors, and comorbid conditions.
Step up if needed; reassess in 4–6 weeks. Step down if possible (if asthma is well controlled for at least 3 consecutive months)



STEPWISE APPROACH TO MANAGING ASTHMA

GetAsthmaHelp.org/GIST

Intermittent
Asthma



STEP 1 (ALL AGES)

Preferred:

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

AGE 0-4

- Add short course daily ICS at the start of respiratory infection
- Consider inadequate control and the need to step up treatment if SABA used more than 2 days per week (other than for exercise)

STEP 2 (ALL AGES)

Preferred:

Low-dose ICS & PRN SABA

Alternative:

AGE 12+

Add concomitant ICS PRN

AGE 12+

PRN SABA +

- LTRA*
- Cromolyn*
- Nedocromil*
- Zileuton*
- Theophylline*

AGE 5-11

PRN SABA +

- LTRA*
- Cromolyn*
- Nedocromil*
- Theophylline*

AGE 0-4

Montelukast* or Cromolyn & PRN SABA

STEP 3

Preferred:

AGE 12+ & 5-11

Combination low-dose ICS-formoterol daily & PRN

AGE 0-4

- Low-dose ICS-LABA & PRN SABA
- Medium-dose ICS, & PRN SABA
- Montelukast*+ low-dose ICS

Alternative:

AGE 12+

PRN SABA +

- Medium dose ICS
- Low-dose ICS-LABA
- Low-dose ICS + LAMA or LTRA* or Theophylline* or Zileuton*

AGE 5-11

- Medium dose ICS & PRN SABA
- Low-dose ICS-LABA
- Low-dose ICS + LTRA*
- Low-dose ICS + Theophylline,* & PRN SABA

STEP 4

Preferred:

AGE 12+

Combination medium-dose ICS-formoterol daily & PRN

AGE 5-11

Combination medium-dose ICS-formoterol daily & PRN

AGE 0-4

Medium-dose ICS-LABA & PRN SABA

Alternative:

AGE 12+

PRN SABA +

- Medium dose ICS-LABA
- Medium dose ICS + LAMA or LTRA* or Theophylline*

AGE 5-11

- Medium dose ICS-LABA & PRN SABA
- Medium dose ICS + LTRA*
- Theophylline* + Medium dose ICS & PRN SABA

AGE 0-4

Montelukast*+ medium dose ICS* & PRN SABA

STEP 5

Preferred:

AGE 12+

Medium-high dose ICS-LABA+ LAMA & PRN SABA

AGE 5-11

High-dose ICS-LABA & PRN SABA

AGE 0-4

High-dose ICS-LABA & PRN SABA

Alternative:

AGE 12+

PRN SABA +

- Medium-high dose ICS-LABA
- High dose ICS + LTRA*

AGE 5-11

- High-dose ICS + LTRA*
- Theophylline* + High-dose ICS & PRN SABA

AGE 0-4

High-dose ICS + montelukast* & PRN SABA

STEP 6

Preferred:

AGE 12+

High-dose ICS-LABA + oral corticosteroid & PRN SABA

AGE 5-11

High-dose ICS-LABA + oral corticosteroid & PRN SABA

AGE 0-4

High-dose ICS-LABA + oral systemic corticosteroid & PRN SABA

Alternative:

AGE 5-11

- High-dose ICS + LTRA* + oral corticosteroid
- Theophylline* + high-dose ICS + oral corticosteroid & PRN SABA

AGE 0-4

Montelukast*+ high-dose ICS + oral systemic corticosteroid & PRN SABA

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

Steps 5 and 6: Consider appropriate asthma biologic treatment

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.