

Asthma Consolidated Guidelines

Screening and Diagnosis

Box 3-5A

Adults & adolescents 12+ years

Personalized asthma management:
Assess, Adjust, Review response

Symptoms
Exacerbations
Side-effects
Lung function
Patient satisfaction



Confirmation of diagnosis if necessary
Symptom control & modifiable risk factors (including lung function)
Comorbidities
Inhaler technique & adherence
Patient preferences and goals

Treatment of modifiable risk factors and comorbidities
Non-pharmacological strategies
Asthma medications (adjust down or up)
Education & skills training

Asthma medication options:
Adjust treatment up and down for individual patient needs

PREFERRED CONTROLLER
to prevent exacerbations and control symptoms

Other controller options

PREFERRED RELIEVER

Other reliever option

| | STEP 1 | STEP 2 | STEP 3 | STEP 4 | STEP 5 |
|-----------------------------|---|---|---|--|---|
| PREFERRED CONTROLLER | As-needed low dose ICS-formoterol * | Daily low dose inhaled corticosteroid (ICS), or as-needed low dose ICS-formoterol * | Low dose ICS-LABA | Medium dose ICS-LABA | High dose ICS-LABA Refer for phenotypic assessment ± add-on therapy, e.g. tiotropium, anti-IgE, anti-IL5/5R, anti-IL4R |
| Other controller options | Low dose ICS taken whenever SABA is taken † | Daily leukotriene receptor antagonist (LTRA), or low dose ICS taken whenever SABA taken † | Medium dose ICS, or low dose ICS+LTRA ‡ | High dose ICS, add-on tiotropium, or add-on LTRA ‡ | Add low dose OCS, but consider side-effects |
| PREFERRED RELIEVER | As-needed low dose ICS-formoterol * | | As-needed low dose ICS-formoterol for patients prescribed maintenance and reliever therapy‡ | | |
| Other reliever option | As-needed short-acting β ₂ -agonist (SABA) | | | | |

* Data only with budesonide-formoterol (bud-form)
† Separate or combination ICS and SABA inhalers

‡ Low-dose ICS-form is the reliever only for patients prescribed bud-form or BDP-form maintenance and reliever therapy
Consider adding HDM SLIT for sensitized patients with allergic rhinitis and FEV1 >70% predicted

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