

# 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

ICS-formoterol is the preferred reliever for patients prescribed maintenance and reliever therapy. For other ICS-LABAs, the reliever is SABA

## Asthma medication options:

Adjust treatment up and down for individual patient needs

		<b>STEP 2</b>	<b>STEP 3</b>	<b>STEP 4</b>	<b>STEP 5</b>
<b>PREFERRED CONTROLLER</b> to prevent exacerbations and control symptoms	<b>STEP 1</b> 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-IL5/6, anti-IL13
Other controller options	Low dose ICS taken whenever SABA is taken †	Daily leukotriene receptor antagonist (LTRA) or low dose ICS taken whenever LABA 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
<b>PREFERRED RELIEVER</b>	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 $\beta_2$ -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 NCM SLIT for sensitized patients with allergic rhinitis and FEV1 >70% predicted

# Bronchial Asthma Gina Guidelines 2013

**ML Morrison**



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