

SOUTH TYNESIDE AND SUNDERLAND ASTHMA GUIDELINES FOR ADULTS AGED 17YEARS AND OVER 2018

[DIAGNOSTIC CRITERIA BTS / SIGN 2016](#)

Structured clinical examination from history and records and consider spirometry

High probability of Asthma not controlled with SABA alone.

Low Probability of Asthma or Poor Response:

Consider further investigation/ referral

- Serial PEFr
- Spirometry
- Investigate other diagnosis

MOVE DOWN TO FIND AND MAINTAIN LOWEST CONTROL THERAPY
MOVE UP TO CONTROL AS NEEDED

Refer to specialist at any time if concerned
 Always use shared decision making techniques when deciding therapy

Step 1 Regular inhaled therapy: Low dose ICS
 Clenil Modulite 200 microgram 1 puff twice a day
 OR
 QVAR 50 to 100microgram 1 puff twice a day
 Clenil Modulite 200 microgram = QVAR 100microgram (approximately)

Step 2 Add LTRA
 Clenil Modulite 200 microgram 1 puff twice a day
 OR
 QVAR 50 to 100microgram 1 puff twice a day
 AND
 Montelukast 10mg at night
 Review after 4-8 weeks, consider stopping if ineffective

Step 3 Add LABA
 Fostair 100/6 1 puff twice a day
 OR
 Duoresp Spiromax 160/4.5 1 puff twice a day
 Alternative inhalers may be suitable to improve adherence:
 Symbicort Turbohaler 100/6 1 puffs twice a day
 OR
 Relvar Ellipta 92/22 1puff Daily
 AND
 Montelukast 10mg at night if effective

Step 4 Change to Maintenance And Reliever Therapy (MART)
 Regular maintenance plus PRN. Number of additional doses required informs increased regular dose if needed.
 Fostair 100/6 1 puff twice a day + PRN up to 6 additional puffs per day
 OR
 Duoresp Spiromax (MART) 160/4.5 1 puff twice a day + PRN up to 10 additional puffs per day
 OR
 Symbicort Turbohaler 100/6 1 puffs Twice a day + PRN up to 8 additional puffs per day (Relvar Ellipta not licensed for MART)
 AND
 Montelukast 10mg at night if effective

Step 5 Moderate ICS dose
 Fostair 100/6 2 puffs twice a day (MART) OR
 Duoresp Spiromax (MART) 160/4.5 2 puffs twice a day
 OR
 Symbicort Turbohaler 200/6 1 puffs twice a day (MART) OR
 Relvar Ellipta 184/22 1puff daily
 AND
 Montelukast 10mg at night if effective

Step 6 High ICS dose
 Fostair 200/6 2 puffs twice a day OR
 Duoresp Spiromax 320/9 2 puffs twice a day OR
 Symbicort Turbohaler 200/6 1 puffs twice a day (MART)
 OR
 Relvar Ellipta 184/22 1 puff daily AND
 Montelukast 10mg at night if effective
 CONSIDER a TRIAL of Spiriva Respimat 2.5 2 puffs once daily for 8 weeks

Step 7 Refer to Specialist Asthma Clinic if uncertain of symptoms / diagnosis: **Uniphyllin Continus – Baseline & annual monitoring**
 South Tyneside ARAS 0191 4041062
 Sunderland Asthma Specialist Nurses: 0191 5252377
 Community Respiratory Team: 0191 5252303

Assess symptoms during regular review and during illness
 ACT5 [Asthma.com](#)
 Self-management plan
 Check Inhaler technique – Patient to demonstrate
 Check adherence/compliance
 Consider step up if SABA >3 uses/week
 Smoking cessation support and signpost to services
 Trigger factors: Occupational

SABA as required whichever stage Salbutamol 100microgram MDI/Easyhaler 2 puffs when required

Useful links: [NICE guideline, Asthma: diagnosis, monitoring and chronic asthma management](#) [MIMS Inhaler Guide](#)

