

Adult (17Y+) Asthma Guidelines (2020)

Step 1 Mild intermittent asthma inhaled SABA		Step 2 Adult LOW dose steroid ICS 200-400mcg*/day (usually 400mcg/day) Regular preventer therapy		Step 3 LTRA	Step 4a Adult MODERATE dose steroid Add inhaled LABA to ICS 400-800mcg*/day		Step 5a Adult HIGH dose steroid LABA + ICS 800-1,000mcg*/day		Step 6 Adult VERY HIGH dose steroid LABA+ICS up to 2,000mcg*/day Consider Referral to Specialist	
Dry powder Salbutamol Easyhaler 100mcg 1-2 puffs up to QDS PRN	£3.31	Dry powder Easyhaler Budesonide 200mcg 1 puff BD	£5.31	Montelukast 10mg tablet One at NIGHT Review response after 4-6 weeks £1.18	1st Choice Dry Powder Fobumix*** EasyHaler 160/4.5 1 puff BD	£10.75	1st Choice Dry Powder Fobumix*** EasyHaler 160/4.5 2 puffs BD	£21.50	1st Choice Dry Powder Fobumix 320/9*** EasyHaler 2 puffs bd £43.00	£43.00
MDI Salbutamol 100mcg 1-2 puffs up to QDS PRN	£1.50	MDI Soprobec (beclomethasone standard particle size) 100mcg + spacer 2 puffs BD	£3.34		2nd Choice Dry Powder Fostair** NEXThaler 100/6 1 puff BD	£14.66	2nd Choice Dry Powder Fostair** NEXThaler 100/6 2 puffs BD	£29.32	2nd Choice Dry Powder Fostair** NEXThaler 200/6 2 puffs BD	£29.32
					MDI Fostair** + spacer 100/6 1 puff BD	£14.66	MDI Fostair** + spacer 100/6 2 puffs BD	£29.32	MDI Fostair** + spacer 200/6 2 puffs BD	£29.32
Before increasing treatment at any stage, check inhaler technique (see advice under Step 6) and compliance. Patients should be reviewed 4-8 weeks after a change in treatment. Notes * Beclometasone dipropionate (BDP) standard particle size or equivalent **Fostair = beclometasone (extrafine particle size) and formoterol. Fostair 100microgram is equivalent to 250 microgram BDP in a standard particle size formulation. Formoterol time to onset of action is 1-3 minutes and can be used for MART. ***Fobumix 160/4.5 delivers a dose (the dose that leaves the mouthpiece) of 160microgram budesonide and 4.5microgram formoterol fumarate dihydrate. This is equivalent to a metered dose of 200microgram budesonide and 6microgram formoterol fumarate dihydrate. SABA - Short Acting Beta 2 Agonist LABA - Long Acting Beta 2 Agonist ICS - Inhaled Corticosteroid Spacer - A2A Spacer costs £4.15 and is compatible with all MDIs. A2A Spacer should be replaced every 12 months Costs are per month (30 days). These do NOT include the additional cost of a spacer where applicable.					Step 4b Consider MART for suitable patients, using adult LOW dose ICS		Step 5b Consider MART for suitable patients, using adult MODERATE dose ICS		Inhaler Technique Inhaler devices can be divided into aerosol (MDI) or dry-powder inhalers (DPI). The inhalation technique differs: • Aerosols—inhale SLOW and STEADY • DPI—inhale QUICK and DEEP Ideally patients should be prescribed only one type. All patients should have their technique checked regularly to optimise drug delivery. Uncontrolled Asthma NICE guideline (NG 80) https://www.nice.org.uk/guidance/ng80 define uncontrolled asthma as: • 3 or more days a week with symptoms or • 3 or more days a week with required use of a SABA or • 1 or more nights a week with awakening due to asthma	
				1st Choice Dry Powder Fobumix*** EasyHaler 160/4.5 1 puff BD + prn max dose 12 puffs daily	£10.75 Max £64.50	1st Choice Dry Powder Fobumix*** EasyHaler 160/4.5 2 puffs BD + prn max dose 12 puffs daily	£21.50 Max £64.50			
				2nd Choice Dry Powder Fostair** NEXThaler 100/6 1 puff BD max dose 8 puffs daily	£14.66 Max £58.64	2nd Choice Dry Powder Fostair** NEXThaler 100/6 2 puffs BD max dose 8 puffs daily	£29.32 Max £58.64			
				MDI Fostair** 100/6 1 puff BD + prn max dose 8 puffs/day	£14.66 Max £58.64	MDI Fostair** 100/6 2 puffs BD + prn Max dose 8 puffs/day	£29.32 Max £58.64			

Agreed at NPAG: 13/02/2019 (Revised 19/06/2019)

Locally updated 25/03/2020