

SELECTING & ADJUSTING ASTHMA MEDICATION FOR ADULTS & ADOLESCENTS

MEDICINES AND STRENGTHS THAT CAN BE USED AT EACH TREATMENT LEVEL

– See product information for the number of doses that should be prescribed for different treatment steps.

Refer to specialist

Consider referral

Consider add-on treatments,
e.g. LAMA

Monitor and adjust to maintain good
symptom control and minimise risks
at lowest effective ICS dose

Consider starting at levels
3 or **4** for new patient
with frequent or uncontrolled
symptoms (check PBS criteria)

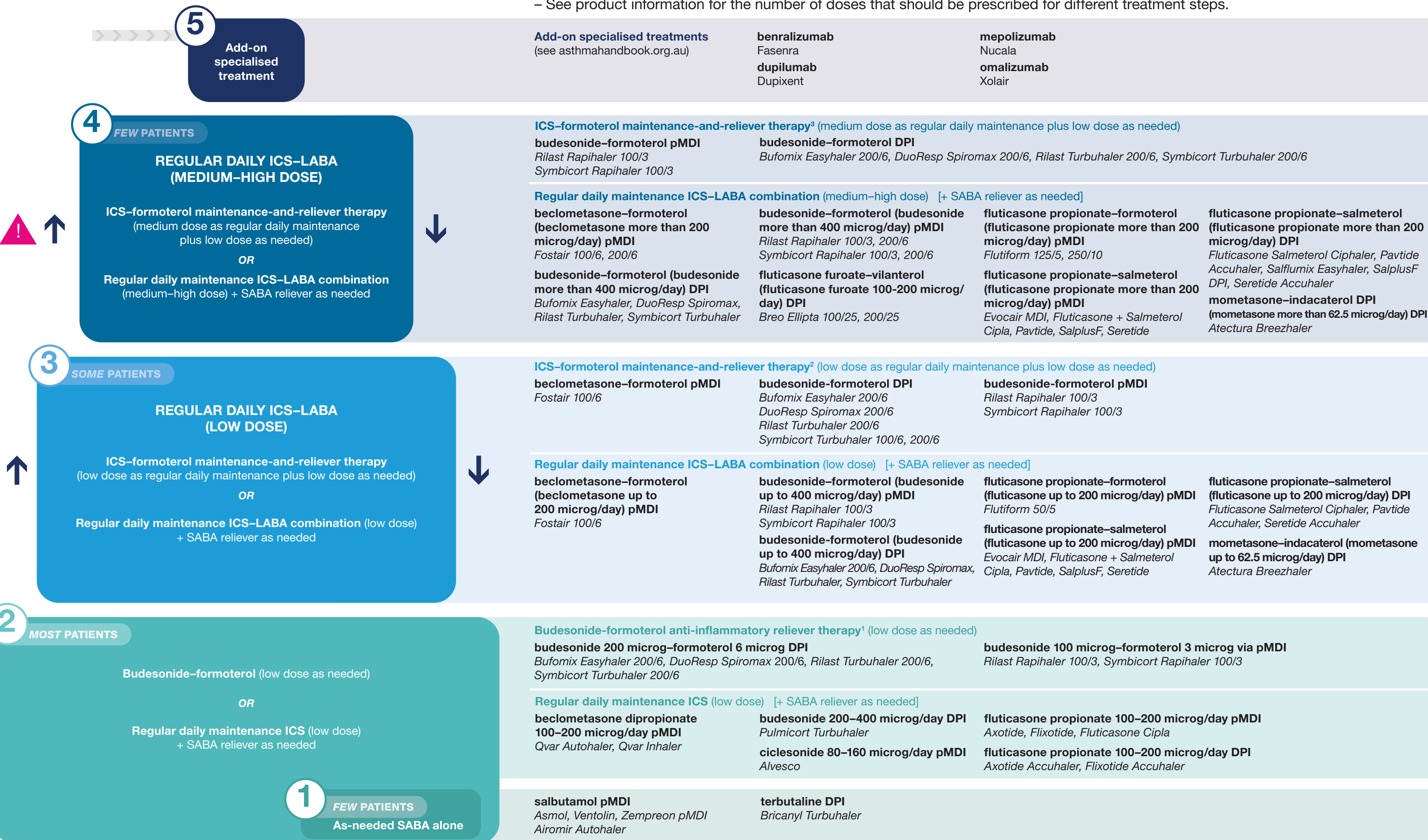
Monitor and adjust to maintain good
symptom control and minimise risks
at lowest effective ICS dose

Monitor and adjust to maintain good
symptom control and minimise risks

Level **2** is suitable starting
treatment for most new patients

Consider only if symptoms less than
twice a month and no risk factors for
flare-ups

Monitor SABA use.
Continually reassess need
for preventer



ALL PATIENTS

Assess individual risk factors and comorbidity
Advise patients to carry their reliever inhaler (SABA or ICS-formoterol) with them at all times
Provide education

Provide a personalised written asthma action plan

Provide information on non-pharmacological factors that influence asthma
Ask about patient's goals, preferences and concerns and involve patient in making treatment decisions

LEGEND

ICS inhaled corticosteroid
LABA long-acting beta₂ agonist
SABA short-acting beta₂ agonist
LAMA long-acting muscarinic antagonist
pMDI pressurised metered-dose inhaler
DPI dry powder inhaler

Before you consider stepping up, check that:

- symptoms are due to asthma
- inhaler technique is correct
- adherence is adequate.

Consider stepping up if good control is not achieved despite good adherence and correct inhaler technique.

When asthma is stable and well controlled for 2-3 months, consider stepping down

FOOTNOTES

¹ Only the listed strengths of budesonide-formoterol can be used in Level 2
² Only the listed strengths can be used for maintenance-and-reliever therapy
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This chart was developed independently by the National Asthma Council Australia with support from GlaxoSmithKline (GSK Australia), and Orion Pharma.

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