

## Adult (17Y+) Asthma Guidelines – update February 2019

Step 1 Mild intermittent asthma Inhaled SABA		Step 2 Regular preventer therapy Adult LOW dose steroid ICS 200-400mcg*/day (usually 400mcg/day)		Step 3 LTRA	Step 4a Add inhaled LABA to ICS 400-800mcg*/day Adult MODERATE dose steroid		Step 5a Adult HIGH dose steroid LABA + ICS 800 - 1,000mcg*/day		Step 6 Consider Referral to Specialist Adult Very High dose steroid LABA + ICS up to 2,000mcg*/day			
<b>MDI</b> Salbutamol 1-2 puffs up to qds PRN	£1.50	<b>MDI</b> Soprobec 100mcg + spacer 2 puffs bd	£3.34	<b>Montelukast 10mg tablet</b> <b>One at NIGHT</b> <b>Review response after</b> <b>4-6weeks</b> <b>£1.18</b>	<b>MDI</b> Fostair 100/6** + spacer 1 puff bd	£14.66	<b>MDI</b> Fostair 100/6** + spacer 2 puffs bd	£29.32	<b>MDI</b> Fostair 200/6*** + spacer 2 puffs bd	£29.32		
<b>Dry Powder Option</b> Salbutamol Easyhaler 100mcg 1-2 puffs up to qds PRN	£3.31	<b>Breath-actuated MDI</b> QVAR Easi-Breathe 50mcg** 2 puffs bd	£4.64		<b>1st Choice Dry Powder</b> Fobumix 160/4.5 ***EasyHaler 1 puff bd	£10.75	<b>1st Choice Dry Powder</b> Fobumix 160/4.5***EasyHaler 2 puffs BD	£21.50	<b>1st Choice Dry Powder</b> Fobumix 320/9***EasyHaler 2 puffs bd	£43.00		
					<b>2nd Choice Dry Powder</b> Fostair 100/6** NEXThaler 1 puff bd	£14.66	<b>2nd Choice Dry Powder</b> Fostair 100/6** NEXThaler 2 puffs bd	£29.32	<b>2nd Choice Dry Powder</b> Fostair 200/6** NEXThaler 2 puffs bd	£29.32		
<p><b>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.</b></p> <p>Notes</p> <p>* Beclometasone dipropionate (BDP) or equivalent</p> <p>** Fostair and QVAR contain extrafine particles of BDP. Fostair and QVAR 100microgram are equivalent to 250 micrograms and 200-250micrograms respectively of BDP in a non-extrafine formulation.</p> <p>*** Fobumix 160/4.5 delivered dose (the dose that leaves the mouthpiece) contains 160mcg of budesonide and 4.5mcg of formoterol fumarate dihydrate. This is equivalent to a metered dose of 200mcg of budesonide and 6mcg of formoterol fumarate dihydrate. Likewise Fobumix 320/9 is equivalent to a delivered dose of 400/12.</p> <p>SABA - Short Acting Beta 2 Agonist LABA - Long Acting Beta 2 Agonist ICS - Inhaled Corticosteroid</p> <p>Soprobec – beclomethasone standard particle size. Fostair - Beclometasone and Formoterol</p> <p>Costs are per month (30 days). These do NOT include the additional cost of a spacer where applicable.</p> <p>Spacer - A2A Spacer costs £4.15 and is compatible with all MDIs. A2A Spacer should be replaced every <b>12 months</b></p>				<b>Step 4b</b> Consider MART for suitable patients, using adult LOW dose ICS		<b>Step 5b</b> Consider MART for suitable patients, using adult MODERATE dose ICS		<b>Inhaler Technique</b> Inhaler devices can be divided into aerosol (MDI) or dry-powder inhalers (DPI). The inhalation technique differs: <ul style="list-style-type: none"> <li>• Aerosols—inhale SLOW and STEADY</li> <li>• DPI—inhale QUICK and DEEP</li> </ul> Ideally patients should be prescribed only one type All patients should have their technique checked regularly to optimise drug delivery.				
				<b>MDI</b> Fostair 100/6** MDI 1 puff bd + prn max dose 8 puffs/day	£14.66  Max £58.64	<b>MDI</b> Fostair 100/6** MDI 2 puffs bd + prn Max dose 8 puffs/day	£29.32 Max £58.64	<b>1<sup>st</sup> Choice Dry Powder</b> Fobumix 160/4.5 ***EasyHaler 1 puff bd + prn max dose 12 puffs daily	£10.75  Max £64.50	<b>1st Choice Dry Powder</b> Fobumix 160/4.5 ***EasyHaler 2 puffs bd + prn max dose 12 puffs daily	£21.50  Max £64.50	<b>Uncontrolled Asthma</b> NICE guideline (NG 80) <a href="https://www.nice.org.uk/guidance/ng80">https://www.nice.org.uk/guidance/ng80</a> define uncontrolled asthma as: <ul style="list-style-type: none"> <li>• 3 or more days a week with symptoms or</li> <li>• 3 or more days a week with required use of a SABA or</li> <li>• 1 or more nights a week with awakening due to asthma</li> </ul>
				<b>2nd Choice Dry Powder</b> Fostair 100/6** NEXThaler 1 puff bd max dose 8 puffs daily	£14.66  Max £58.64	<b>2nd Choice Dry Powder</b> Fostair 100/6** NEXThaler 2 puffs bd max dose 8 puffs daily	£29.32  Max £58.64					