

Asthma Inhaler Guidelines Children 5 - 16 years 2019

Step 1 Mild intermittent asthma Inhaled SABA		Step 2 Regular preventer therapy Paediatric LOW dose ICS up to 200 mcg*/day		Step 3 LTRA		Step 4a Add inhaled LABA to Paediatric LOW dose ICS up to 200mcg*/day		Step 5a LABA + Paediatric MODERATE Dose 200 up to 400mcg*/day		Step 6 Consider referral to specialist. LABA plus Paediatric HIGH Dose ICS more than 400mcg*/day	
MDI Salbutamol 1-2 puffs up to qds	£1.50	MDI Soprobec 50mcg + spacer 2 puffs bd	£1.67	Montelukast Review response after 4-6 weeks 5Y: 4mg (chewable tablet) at night 6-14Y: 5mg (chewable tablet) at night £1.26 15Y+: 10mg at night	£1.14	MDI No licensed ICS/LABA combination preparation available.		MDI Combisal 50 + spacer 2 puffs bd	£13.50	MDI Combisal 125 pMDI + spacer 2 puffs bd	£17.59
		Breath-actuated MDI QVAR Easi-Breathe 50mcg** (12Y+) 1 puff bd	£2.32								
£1.18											
Dry Powder Option Sabutamol Easyhaler 1-2 puffs up to qds	£3.31	Dry powder inhaler Easyhaler Budesonide 100 (6Y+) 1 puff BD	£2.66			Dry Powder Inhaler Symbicort 100/6 Turbohaler (6Y+) 1 puff BD	£14.00	Dry Powder Inhaler Symbicort 200/6 Turbohaler 1 puff bd	£14.00	Dry Powder Inhaler Symbicort 200/6 Turbohaler (12Y+) 2 puffs bd	£28.00
		Pulmicort Turbohaler 100 (5Y+) 1 puff BD	£4.28								
Notes * Beclometasone dipropionate (BDP) or equivalent **Fluticasone is twice as potent as BDP. *** QVAR contains extrafine particles of BDP. QVAR 100microgram is equivalent 200-250micrograms of BDP in a non-extrafine formulation. SABA - Short Acting Beta 2 Agonist LABA - Long Acting Beta 2 Agonist ICS - Inhaled Corticosteroid Soprobec = beclomethasone standard particle size Pulmicort = budesonide Combisal = fluticasone propionate plus salmeterol Symbicort = budesonide plus formoterol Only products that have marketing authorisation for the appropriate age range are listed. Cost are per month (30 days) and include the additional cost of a spacer where applicable. ^ - list price (does NOT include rebate) Spacer - A2A Spacer costs £4.15 and are compatible with all MDIs. A2A Spacer should be replaced every 12 months						Step 4b Consider MART for suitable patients 12Y+ using PAEDIATRIC LOW dose ICS		Step 5b Consider MART for suitable patients 12Y+ using Paediatric 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	
						Dry Powder Inhaler Symbicort 100/6 Turbohaler (12Y+) 1 puff BD + PRN. If more than 8 puffs daily - seek advice. Maximum number of puffs 12 daily.	Min. £14.00 Max £56	Dry Powder Inhaler Symbicort 200/6 Turbohaler (12Y+) 1 puff bd plus PRN. If more than 8 puffs daily seek advice. Maximum 12 puffs daily.	Min. £14.00 Max £56		

Agreed at NPAG: 19th June 2019

Based on NG80 published November 2017