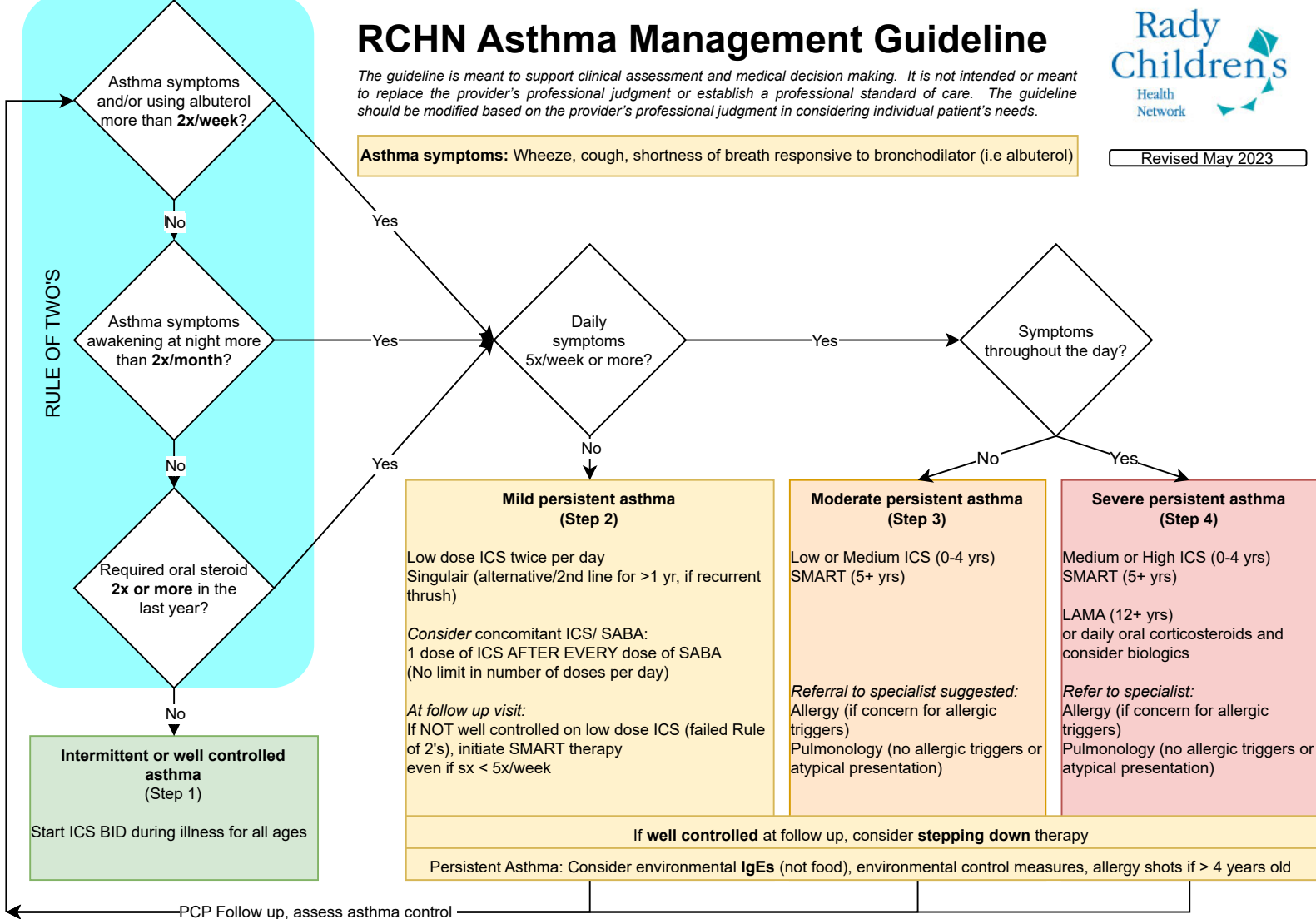


# RCHN Asthma Management Guideline

The guideline is meant to support clinical assessment and medical decision making. It is not intended or meant to replace the provider's professional judgment or establish a professional standard of care. The guideline should be modified based on the provider's professional judgment in considering individual patient's needs.

**Asthma symptoms:** Wheeze, cough, shortness of breath responsive to bronchodilator (i.e albuterol)

Revised May 2023



Frequency of Follow up Visits	
Well controlled	q3-6 months (annually if mild intermittent)
Not well controlled	q1-3 months until well controlled
Very poorly controlled	q1 month until well controlled
Asthma exacerbation	1-4 weeks

Estimated Comparative Daily Dosages for Inhaled Corticosteroids in Children						
Drug	Low Daily Dose		Medium Daily Dose		High Daily Dose	
	Child 0-4	Child ≥ 5	Child 0-4	Child 5-11*	Child 0-4	Child 5-11*
Fluticasone (Flovent) HFA 44 mcg, 110 mcg or 220 mcg/puff	44 mcg 2 puffs BID		110 mcg 3 puffs daily		220 mcg 2 puffs daily	
Beclomethasone (QVAR) HFA 44 or 80 mcg/puff	N/A	40 mcg 2 puffs BID	N/A	80 mcg 2 puffs BID	N/A	80 mcg 4 puffs BID
Budesonide Neb (Pulmicort) 0.25 or 0.5 mg/neb	0.25 mg daily	0.5 mg daily	0.5 mg BID		1 mg BID	

\*Consider SMART Therapy

Single Maintenance and Reliever Therapy (SMART)						
Medication		Step 1-2	Step 3		Step 4	
			Child 5-11	Child ≥ 12	Child 5-11	Child ≥ 12
Budesonide / formoterol (Symbicort) 80/4.5 or 160/4.5 mcg/puff or Mometasone / formoterol (Dulera) 50/5 or 100/5 mcg/ puff	Maintenance		Symbicort (80/4.5) Dulera (50/5) 1 puff daily	Symbicort (160/4.5) Dulera (100/5) 1 puff daily	Symbicort (80/4.5) Dulera (50/5) 1 puff BID	Symbicort (160/4.5) Dulera (100/5) 2 puffs BID
	Rescue	NA	1 puff prn	1 puff prn	1 puff prn	1 puff prn
	Max total daily puffs		8	12	8	12

\* Symbicort is FDA approved for 6 and older. Dulera is FDA approved for 5 and older.

**References:**

- Global Initiative for Asthma. Global Strategy for Asthma Management and Prevention, 2022. Available from: www.ginasthma.org
- The 2020 Focused Updates to the NIH Asthma Management Guidelines: Key Points for Pediatricians *Pediatrics* (2021) 147 (6): e2021050286.

**Abbreviations:**  
**LABA** Long-acting beta-agonist (eg formoterol, salmeterol)  
**LAMA** Long-acting muscarinic-antagonist (eg tiotropium bromide Spiriva Respimat)  
**SABA** Short-acting beta-agonist (eg albuterol, levalbuterol)  
**ICS** Inhaled corticosteroid (eg Flovent, QVAR)  
**MDI** Metered-dose inhaler  
**HFA** Hydrofluoroalkane (non-chlorofluorocarbons propellant)  
**DPI** Dry-powder inhaler (eg Advair or Flovent diskus, Pulmicort Flexhaler, Asmanex Twisthaler)  
**ACT** Asthma Control Test, validated questionnaire