

AGES 5-11 YEARS: STEPWISE APPROACH FOR MANAGEMENT OF ASTHMA

	Intermittent Asthma	Management of Persistent Asthma in Individuals Ages 5-11 Years				
Treatment	STEP 1	STEP 2	STEP 3	STEP 4	STEP 5	STEP 6
Preferred	PRN SABA	Daily low-dose ICS and PRN SABA	Daily and PRN combination low-dose ICS-formoterol [▲]	Daily and PRN combination medium-dose ICS-formoterol [▲]	Daily high-dose ICS-LABA and PRN SABA	Daily high-dose ICS-LABA + oral systemic corticosteroid and PRN SABA
Alternative		Daily LTRA, [*] or Cromolyn, [*] or Nedocromil, [*] or Theophylline, [*] and PRN SABA	Daily medium-dose ICS and PRN SABA or Daily low-dose ICS-LABA, or daily low-dose ICS + LTRA, [*] or daily low-dose ICS + Theophylline, [*] and PRN SABA	Daily medium-dose ICS-LABA and PRN SABA or Daily medium-dose ICS + LTRA, [*] or daily medium-dose ICS + Theophylline, [*] and PRN SABA	Daily high-dose ICS + LTRA, [*] or daily high-dose ICS + Theophylline, [*] and PRN SABA	Daily high-dose ICS + LTRA, [*] + oral systemic corticosteroid or daily high-dose ICS + Theophylline, [*] + oral systemic corticosteroid, and PRN SABA
		Steps 2-4: Conditionally recommend the use of subcutaneous immunotherapy as an adjunct treatment to standard pharmacotherapy in individuals ≥ 5 years of age whose asthma is controlled at the initiation, build up, and maintenance phases of immunotherapy [▲]			Consider Omalizumab ^{**▲}	

Assess Control

- First check adherence, inhaler technique, environmental factors, [▲] and comorbid conditions.
- **Step up** if needed; reassess in 2-6 weeks
- **Step down** if possible (if asthma is well controlled for at least 3 consecutive months)

Consult with asthma specialist if Step 4 or higher is required. Consider consultation at Step 3.

Control assessment is a key element of asthma care. This involves both impairment and risk. Use of objective measures, self-reported control, and health care utilization are complementary and should be employed on an ongoing basis, depending on the individual's clinical situation.

Abbreviations: ICS, inhaled corticosteroid; LABA, long-acting beta₂-agonist; LTRA, leukotriene receptor antagonist;

SABA, inhaled short-acting beta₂-agonist

[▲] Updated based on the 2020 guidelines.

^{*} Cromolyn, Nedocromil, LTRAs including montelukast, and Theophylline were not considered in this update and/or have limited availability for use in the United States, and/or have an increased risk of adverse consequences and need for monitoring that make their use less desirable. The FDA issued a Boxed Warning for montelukast in March 2020.

^{**} Omalizumab is the only asthma biologic currently FDA-approved for this age range.

Asthma Guidelines

Mark Steyvers



Asthma Guidelines:

Reviewing **Asthma Guidelines**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Asthma Guidelines**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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