



Initial Outpatient Evaluation and Ongoing Management of Asthma

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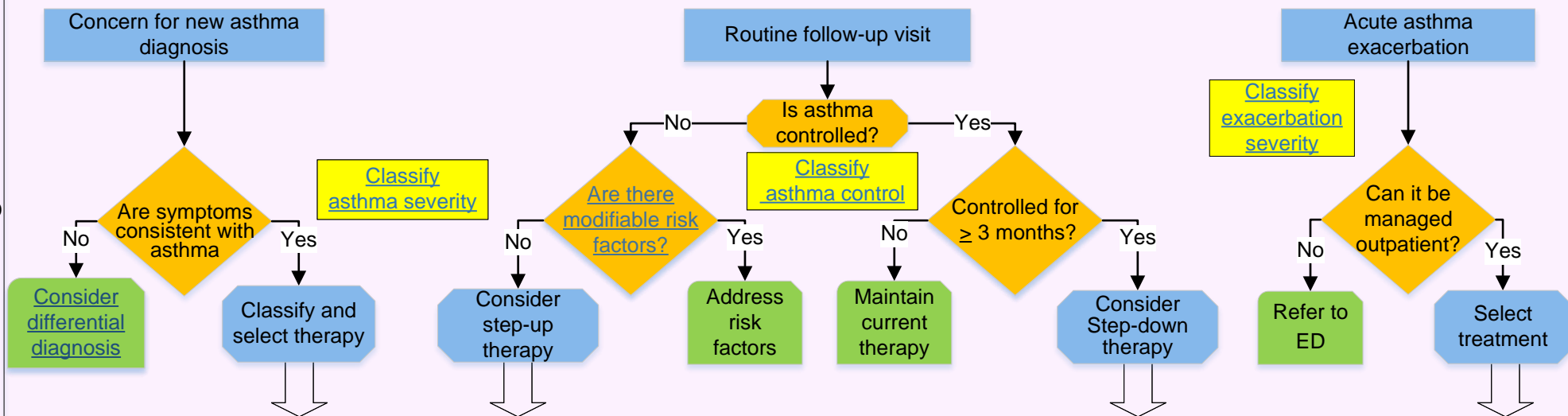
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Initial Outpatient Evaluation and Ongoing Management of Asthma

Diagnosis



Treatment

Consult with asthma specialist

Age	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	
	Intermittent	Mild Persistent	Moderate Persistent	Severe Persistent			Exacerbation
Age: 0-4	SABA PRN and short course daily ICS at start of RTI	Daily low-dose ICS and prn SABA	Daily medium-dose ICS and prn SABA	Daily medium-dose ICS-LABA and prn SABA	Daily high-dose ICS-LABA and prn SABA	Daily high-dose ICS-LABA + OCS and prn SABA	Treatment for acute exacerbation
Age: 5-11	SABA PRN	Daily low-dose ICS and prn SABA	Daily and prn low-dose ICS-formoterol #	Daily and prn medium-dose ICS-formoterol #	Daily high-dose ICS-LABA and prn SABA	Daily high-dose ICS-LABA + OCS and prn SABA	
Age: 12+	SABA PRN	Daily low-dose ICS and prn SABA or prn ICS and SABA	Daily and prn low-dose ICS-formoterol	Daily and prn medium-dose ICS-formoterol	Daily medium or high-dose ICS-LABA + LAMA and prn SABA	Daily high-dose ICS-LABA + OCS and prn SABA	

4 year olds can also be treated with this approach

Modified from 2020 NHLBI Asthma Focused Updates. For alternative treatment options click here.

Select a box above to see treatment options, or select categories to right for medication tables

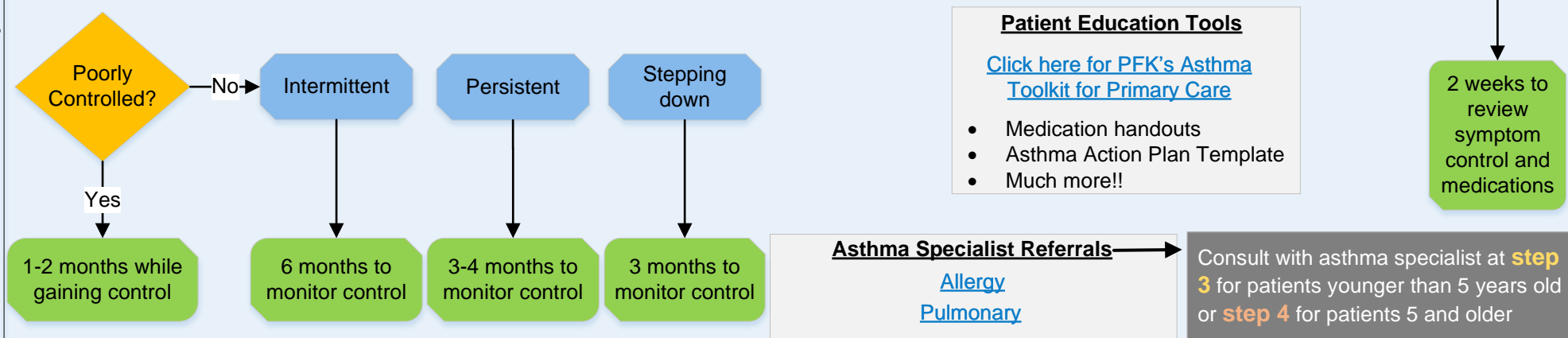
SABA:
Short-Acting Beta Agonist

OCS:
Oral Corticosteroids

ICS:
Inhaled Corticosteroids

LABA:
Long-Acting Beta Agonist

Education/Follow-up



Differential Diagnosis Considerations for Asthma

Upper airway disease

- Allergic rhinitis and sinusitis

Obstruction involving large airways

- Foreign body in trachea or bronchus
- Vocal cord dysfunction
- Vascular ring or laryngeal web
- Laryngotracheomalacia, tracheal stenosis, or bronchostenosis
- Enlarged lymph nodes or tumor

Obstruction involving small airways

- Viral bronchiolitis or obliterative bronchiolitis
- Cystic fibrosis
- Bronchopulmonary dysplasia
- Heart disease

Other Causes

- Recurrent cough not due to asthma
- Aspiration from swallowing mechanism dysfunction or gastroesophageal reflux

asthma triggers

Asthma triggers are things outside the body that cause an asthma attack. What triggers an asthma episode for one person may not bother another person with asthma. Therefore, the first step to preventing an asthma attack is knowing your asthma triggers and finding ways to avoid them.

smoke & e-cigarettes



- Do not let anyone smoke in your home.
- Never smoke in the car with your child or in the car your child rides in.
- Avoid homes and other places where people smoke.
- If other people care for your child, make sure they do not smoke.
- Wash your hands and face after smoking, since smoke stays on your skin.
- Wear a covering over your clothing (“smoking jacket”) when you smoke outside, since smoke sticks to clothes. Leave the covering outside before going indoors.
- Make every effort to stop smoking, even if you could not stop before. Keep trying!

dust mites



- Keep mattresses, box springs, and all pillows in dust mite-proof covers.
- Wash your sheets, even brightly colored children’s sheets and blankets, weekly in hot water.
- Remove stuffed toys from the bedroom or wash them weekly in hot water.
- Stay out of rooms that are being vacuumed or dusted.
- If possible, take rugs or carpets out of the bedroom.
- Use a dehumidifier for humid environments.

pets



- Do not have pets with fur or feathers in your home. If unavoidable, keep them out of your bedroom.

pests



- Kill all the pests in the entire building (do not re-enter until all fumes and smells are completely gone).
- Keep food and garbage sealed.
- Don’t keep food in the bedrooms.
- Use roach traps to control roaches.
- Use traps to control mice and rats.

mold



- Fix leaky faucets and pipes.
- Clean moldy surfaces with bleach in water (1-part bleach to 10-parts water).
- Clean shower curtains.
- Reduce humidity by using a dehumidifier.
- Use exhaust fans in kitchen, bathrooms and laundry.
- Consider consulting a professional.

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indoor/outdoor pollutants and irritants



- Use your nose to detect strong odors that may be an irritant.
- Read labels—avoid products marked “danger” or “poison”; reduce use of products marked “caution” or “warning”.
- Avoid perfume, talcum powder, hair spray, and scented cleaning and laundry products.
- Avoid incense, scented candles, fireplaces, wood burning stoves, kerosene heaters, and outdoor fire pits.
- Know the air quality for the day, and plan accordingly. On days when air quality is poor, run the air conditioning and limit time outside. Plan any outdoor activities for early in the day — when air quality tends to be better — and avoid spending time in areas with a lot of traffic.

weather



- On cold days, cover your nose and mouth with a scarf or wear a turtleneck.
- On hot, humid days, stay inside in the air conditioning, especially during the afternoon hours. Plan any outdoor activities in the morning.

pollen



- Stay inside and keep windows closed when pollen levels are high.
- Pollen Wise and The Weather Channel are apps that can be used to monitor pollen counts.
- Remove clothing after spending time outdoors.
- Bathe and wash your hair before going to bed.
- Be sure to take your allergy medicine every day.
- Be aware of your symptoms on air quality alert days.



exercise



- Exercise is important for everyone, even those with asthma. Asthma should NOT keep you from playing sports or being active.
- Always take rescue medicine with you while exercising and use it right away if symptoms develop.
- Ask your primary care provider about taking asthma medicine before play or exercise.
- Make sure to warm up before doing exercise and cool down after.

stress



- Stay calm and breathe slowly.
- Focus on things that keep you happy.

colds, flu, infections



- Avoid people with colds or flu.
- Get a flu shot every year.
- Wash hands frequently.
- Take controller medicine, as directed, every day even if feeling well.
- Do not use aspirin products.



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Classification of Asthma Severity: Clinical Features before Treatment

(Modeled after NHLBI Guidelines)

	Intermittent	Mild Persistent	Moderate Persistent	Severe Persistent
Daytime symptoms	≤ 2 days/week	> 2 days/week	Daily	Throughout the day
Nighttime symptoms*	≤ 2 times/month	3 – 4 times/month	> 1 time/week	Nightly
Rescue inhaler use	≤ 2 days/week	> 2 days/week	Daily	Several times a day
Exercise or Physical Activity Limitation	None	Minor	Some	Extremely
FEV1	>80%	>80%	60 – 80%	<60%
FEV1/FVC	>85%	>80%	75 – 80%	<75%
“Risk”	0 – 1 oral steroids/year	> 2 oral steroids per year		

*Frequency of nighttime symptoms for **0-4 year olds** are classified differently compared to older patients:
 Intermittent: 0/month | Mild Persistent: 1-2/month | Moderate Persistent: 3-4/month | Severe Persistent: >1x/week

Assess clinical features in regard to patient/caregiver’s recount of the previous 2-4 weeks.
 Classify based on the most severe category that contains a clinical feature.

Modified From: Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma. [Bethesda, Md.]: U.S. Dept. of Health and Human Services, National Institutes of Health, National Heart, Lung, and Blood Institute, 2007. National Heart, Lung, and Blood Institute.

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Classification of Asthma Control

Components of Control		Age (year)	Well-Controlled	Not Well-Controlled	Very Poorly Controlled
Impairment	Symptoms	All	≤ 2 days/week*	> 2 days per week#	Throughout the day
	Nighttime awakenings	0-4	≤ 1x/month	> 1x/month	> 1x/week
		5 to 11	≤ 1x/month	≥ 2x/month	≥ 2x/week
		≥ 12	≤ 2x/month	1-3x/week	≥ 4x/week
	Interference with normal activity	All	None	Some limitation	Extremely limited
	Short-acting beta2-agonist use for symptom control (not prevention of EIB)	All	≤ 2 days/week	> 2 days per week	Several times per day
	FEV1/FVC	≥ 5	> 80%	75-80%	< 75%
	Validated Questionnaires	ACT	≥ 4	≥ 20	16-19
ATAQ		≥ 12	0	1-2	3-4
ACQ		≥ 12	≤ 0.75	≥ 1.5	N/A
Risk	Exacerbations requiring oral systemic corticosteroids‡	All	0-1/year	2-3/year	> 3/year
Recommended Action for Treatment		All	Maintain current step or consider step-down if well controlled for at least 3 months. Schedule regular follow-up in 1-6 months.	Step-up (1 step) and re-evaluate in 2-6 weeks. Age 0-4: If no clear benefit from stepping-up in 4-6 weeks, consider alternative diagnoses or adjust therapy.	Consider short course of oral systemic steroids, step-up (1-2 steps) and re-evaluate in 2 weeks Age 0-4: If no clear benefit from stepping-up in 4-6 weeks, consider alternative diagnoses or adjust therapy
* For 5-11 year olds: < 2 days/week but not more than once on each day # For 5-11 year olds: > 2 days/ week or multiple times on < 2 days/week ‡ Consider severity and interval since last exacerbation				Before stepping-up therapy, review adherence to medications, inhaler technique and environmental control.	
Abbreviations: EIB, Exercised-induced bronchoconstriction; FEV1, forced expiratory volume in 1 second; FVC, forced vital capacity; ACT, asthma control test; ATAQ, asthma therapy assessment questionnaire; ACQ, asthma control questionnaire;					

Modified From: Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma. [Bethesda, Md.]: U.S. Dept. of Health and Human Services, National Institutes of Health, National Heart, Lung, and Blood Institute, 2007. National Heart, Lung, and Blood Institute.

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CLASSIFYING SEVERITY OF ASTHMA EXACERBATIONS IN THE URGENT OR EMERGENCY CARE SETTING

Note: Patients are instructed to use quick-relief medications if symptoms occur. In the urgent or emergency care setting, the following parameters describe the severity and likely clinical course of an exacerbation.

	Symptoms and Signs	Clinical Course
Mild	Dyspnea only with activity (assess tachypnea in young children)	<ul style="list-style-type: none"> • Usually cared for at home • Prompt relief with inhaled SABA • Possible short course of oral systemic corticosteroids
Moderate	Dyspnea interferes with or limits usual activity	<ul style="list-style-type: none"> • Usually requires office or ED visit • Relief from frequent inhaled SABA • Oral systemic corticosteroids: some symptoms last for 1-2 days after treatment is begun
Severe	Dyspnea at rest; interferes with conversation	<ul style="list-style-type: none"> • Usually requires ED visit and likely hospitalization • Partial relief from frequent inhaled SABA • Oral systemic corticosteroids: some symptoms last for > 3 days after treatment is begun • Adjunctive therapies are helpful
Subset: Life-Threatening	Too dyspneic to speak; perspiring	<ul style="list-style-type: none"> • Requires ED/hospitalization, possible ICU • Minimal or no relief from frequent inhaled SABA • Intravenous corticosteroids • Adjunctive therapies are helpful

Key: ED, emergency department; FEV1, forced expiratory volume in 1 second; ICU, intensive care unit; SABA, short-acting beta2-agonist

Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma. [Bethesda, Md.]: U.S. Dept. of Health and Human Services, National Institutes of Health, National Heart, Lung, and Blood Institute, 2007. National Heart, Lung, and Blood Institute.

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Asthma Exacerbation Severity and Treatments

Severity Classification		Mild			Moderate			Severe
Medication	Dosage form	Weight	Dose	Frequency	Weight	Dose	Frequency	
Albuterol	Albuterol MDI (90mcg)	< 15 kg	4 puffs	Reassess in 20 minutes; may repeat x2				
		≥ 15 kg	8 puffs					
	Albuterol Nebulization (2.5mg/3mL vial)	All	3 mL	Reassess in 20 minutes; may repeat x2				
Ipratropium (use in combo with albuterol)	DuoNeb® (Ipratropium 0.5mg and albuterol 2.5mg per 3mL vial)				All	3 mL	Reassess in 20 minutes; may repeat x2	
Oral Steroids	*Prednisolone or prednisone	All	2 mg/kg (Max 60 mg)	Daily for 5 days	All	2 mg/kg (Max 60 mg)	Daily for 5 days	
	*Dexamethasone	All	0.6 mg/kg (Max 16 mg)	Once for 1 dose, then repeat dose in 24 – 48 hrs	All	0.6 mg/kg (Max 16 mg)	Once for 1 dose, then repeat dose in 24 – 48 hrs	
Next Steps		Repeat assessment: <ul style="list-style-type: none"> If incomplete response, consider DuoNeb® treatment (Moderate dosing) If responds well, review asthma action plan and send home Patient should continue albuterol treatment scheduled every 4 hours for 24-48 hours and then use PRN dosing 			Repeat assessment: <ul style="list-style-type: none"> If incomplete response refer to ED or activate 911 If responds well, review asthma action plan and send home Patient should continue albuterol treatment scheduled every 4 hours for 24-48 hours and then use PRN dosing 			

Call 911

Monitoring:
Continuous HR, RR and pulse oximetry

Initiate Treatment, as outlined for Moderate severity

*For patients presenting with mild symptoms that have NOT tried albuterol to relieve symptoms, albuterol treatment should be completed first. If a complete response is observed, oral steroids may not be necessary.

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Short-Acting Beta-2 Agonists (SABA)

Mechanism of delivery	Drug	Strength	Dose and Frequency	Estimated Cost
Metered-dose Inhalers (MDI) <ul style="list-style-type: none"> Shake before use Needs primed Use with spacer 	Ventolin[®], Proventil[®] Albuterol sulfate HFA	90 mcg	2 puffs as needed Every 4 hours*	\$61
Nebulizer Solution <ul style="list-style-type: none"> Passive inhalation via nebulizer Requires nebulizer device 	Albuterol solution	2.5 mg/3 mL (0.083%)	1 vial as needed Every 4 hours	\$16

[Mediglyph Patient Education Handouts](#)

Intermittent Inhaled Corticosteroids (ICS)

Nebulizer Solution <ul style="list-style-type: none"> Passive inhalation via nebulizer Requires nebulizer device 	Pulmicort[®] Respules Budesonide	1 mg/2mL solution	1 mg (1 ampule) BID for 7 to 10 days at first sign of respiratory illness	\$150
Metered-dose Inhalers (MDI) <ul style="list-style-type: none"> Shake before use Needs primed Use with spacer 	Fluticasone propionate HFA[^]	110 mcg	2 puffs BID for 7 to 10 days at first sign of respiratory illness	\$225

*Albuterol dose can be escalated to 4 – 6 puffs as needed based on symptoms. Instructions for dose increases should be part of the asthma action plan.

[^]Fluticasone propionate HFA dosing is the expert opinion of Dayton Children's Hospital and is not described in the NHLBI guidelines. If fluticasone propionate HFA is not covered for privately insured patients, Asmanex[®] HFA 100 mcg 2 puffs BID, could be considered as an alternative option.

Systemic Corticosteroids

Drug	Strength	Dose, Frequency and Duration*	Maximum daily dose	Clinical Considerations
Orapred[®] Prednisolone sodium phosphate	Liquid: 15mg/5mL	2 mg/kg Daily for 5 days	60 mg/day	<ul style="list-style-type: none"> Take with food May increase appetite May cause hyperactivity, consider dosing in the morning
	ODT: 10mg, 15mg, 30mg			
Deltasone[®] Prednisone	Tablets: 1mg, 2.5mg, 5mg, 10mg, 20mg, 50mg	2 mg/kg Daily for 5 days	60 mg/day	
Decadron[®] Dexamethasone	Solution (injection for oral use) [^] : 4 mg/mL, 10 mg/mL	0.6 mg/kg/dose for two doses. Give second dose 24-48 hours after first dose.	16 mg/day	
	Tablet: 1 mg, 2 mg, 4 mg, 6 mg			

*Duration of 5 days is average and typical duration for prednisolone and prednisone. Treatment may be shorter or longer depending on patient. Range 3 – 10 days of treatment. Do not need to taper if using for 10-days or less.

[^]If patient needs an oral preparation for dexamethasone, the injection for oral use will not be available at most community pharmacies. Dexamethasone tablets may be crushed and mixed with a small amount of sweet tasting food or drink, or consider prednisolone liquid.

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Estimated Comparative Daily Dosages for Inhaled Steroids*

If the medication is BOLDED it is covered without a prior authorization for patients on an Ohio Medicaid plan				Unless otherwise noted, doses represent the steroid component in micrograms					
Drug Mediglyph Patient Education Handouts	Delivery Method	Strengths Available (inhalations/device)	Typical Dose Frequency	LOW <u>DAILY</u> DOSE		MEDIUM <u>DAILY</u> DOSE		HIGH <u>DAILY</u> DOSE	
				Child (5-11)	Teen/Adult (12 and older)	Child (5-11)	Teen/Adult (12 and older)	Child (5-11)	Teen/Adult (12 and older)
Inhaled Steroids: Spacer compatible									
Fluticasone propionate^G (Flovent[®] HFA)	Spacer compatible	44 mcg (120) 110 mcg (120) 220 mcg (120)	BID	88 - 176	88 - 264	>176 - 440	>264 - 660	>440	>660
Mometasone (Asmanex [®] HFA)	Spacer compatible	50 mcg (120) 100 mcg (120) 200 mcg (120)	BID	100	200	200	400	400	>400
Ciclesonide (Alvesco [®] HFA)	Spacer compatible	80 mcg (60) 160 mcg (60)	BID	80	160	160	320	>160	640
Inhaled Steroids: Breathe-actuated (<u>not</u> compatible with a spacer). Younger children may not have lung strength and proper technique to obtain dose.									
Beclomethasone (QVAR[®] Redihaler[™])	Breath-actuated	40 mcg (120) 80 mcg (120)	BID	80 - 160	80 - 240	>160 - 320	>240 - 480	>320	>480
Budesonide^G (Pulmicort Flexhaler[™])	Breath-actuated	90 mcg (60) 180 mcg (120)	BID	180 - 360	180 - 540	>360 - 720	>540 - 1,080	>720	>1,080
Fluticasone propionate^G (Flovent[®] Diskus[®])	Breath-actuated	50 (60) 100 (60) 250 (60)	BID	100 - 200	100 - 300	>200 - 400	>300 - 500	>400	>500
Fluticasone furoate (Arnuity[™] Ellipta[™])	Breath-actuated	50 mcg (30) 100 mcg (30) 200 mcg (30)	Daily	50	100	100	200		
Mometasone (Asmanex[®] Twisthaler[®])	Breath-actuated	110 mcg (multiple) 220 mcg (multiple)	Daily	110	220	220	>220 - 440	440	>440
Inhaled Steroids: Nebulizer Solution									
Budesonide^G (Pulmicort Respules[®])	Nebulized	0.25 mg/2 mL 0.5 mg/2 mL 1 mg/2 mL	Daily	0.5 mg		1 mg		2 mg	

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Estimated Comparative Daily Dosages for Inhaled Steroids*

If the medication is BOLDED it is covered without a prior authorization for patients on an Ohio Medicaid plan				Unless otherwise noted, doses represent the steroid component in <u>micrograms</u>					
Drug Mediglyph Patient Education Handouts	Delivery Method	Strengths Available (inhalations/device)	Typical Dose Frequency	LOW <u>DAILY</u> DOSE		MEDIUM <u>DAILY</u> DOSE		HIGH <u>DAILY</u> DOSE	
				Child (5-11)	Teen/Adult (12 and older)	Child (5-11)	Teen/Adult (12 and older)	Child (5-11)	Teen/Adult (12 and older)
Inhaled Steroid and Long-Acting Beta Agonists: Spacer Compatible									
Budesonide/formoterol^G (Symbicort[®] HFA)	Spacer compatible	80/4.5 mcg (120) 160/4.5 mcg (120)	BID	160 - 320	320	>320 - 640	640		
Fluticasone/salmeterol^G (Advair[®] HFA)	Spacer compatible	45/21 mcg (120) 115/21 mcg (120) 230/21 mcg (120)	BID	90 - 180	180	460	460	920	920
Mometasone/formoterol (Dulera[®] HFA)	Spacer compatible	50/5 mcg (120) 100/5 mcg (120) 200/5 mcg (120)	BID	100	200	200	400	400	800
Inhaled Steroid and Long-Acting Beta Agonists: Breathe-actuated (<u>not</u> compatible with a spacer). Younger children may not have lung strength to obtain dose.									
Fluticasone/salmeterol^G (Advair Diskus[®])	Breath-actuated	100/50 mcg (60) 250/50 mcg (60) 500/50 mcg (60)	BID	200	200	500	500	1000	1000
Fluticasone furoate/vilanterol ^G (Breo [™] Ellipta [™])	Breath-actuated	50/25 mcg (30) 100/25 mcg (30) 200/25 mcg (30)	Daily	50	100	100	200		
<p>G: Generic is available. When generic and brand are available, Ohio Medicaid prefers brand over generic (except for Flovent[®], since brand not in marketplace).</p> <p>HFA: Hydrofluoroalkane, a propellant most commonly used in metered dose inhalers.</p> <p>*When available, these comparative dosages were obtained from the 2007 NAEPP Expert Panel Report 3 (EPR3). If not available in EPR3, the 2023 Global Initiative for Asthma guidelines were referenced.</p>									

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Estimated Comparative Daily Dosages for Inhaled Steroids*

If the medication is BOLDED it is covered without a prior authorization for patients on an Ohio Medicaid plan				Unless otherwise noted, doses represent the <u>steroid component</u> in <u>micrograms</u>		
Drug Mediglyph Patient Education Handouts	Delivery Method	Strengths Available (inhalations/device)	Typical Dose Frequency	LOW <u>DAILY</u> DOSE	MEDIUM <u>DAILY</u> DOSE	HIGH <u>DAILY</u> DOSE
				0-4 year olds	0-4 year olds	0-4 year olds
Inhaled Steroids: Spacer compatible						
Fluticasone propionate^G (Flovent[®] HFA)	Spacer compatible	44 mcg (120) 110 mcg (120) 220 mcg (120)	BID	88 - 176	>176 - 440	>440
Inhaled Steroids: Nebulizer Solution						
Budesonide^G (Pulmicort Respules[®])	Nebulized	0.25 mg/2 mL 0.5 mg/2 mL 1 mg/2 mL	Daily	0.5 mg	1 mg	2 mg
Inhaled Steroid and Long-Acting Beta Agonists: Spacer Compatible						
Budesonide/formoterol^G (Symbicort[®] HFA)	Spacer compatible	80/4.5 mcg (120) 160/4.5 mcg (120)	BID	160 - 320	>320 - 640	
Fluticasone/salmeterol^G (Advair[®] HFA)	Spacer compatible	45/21 mcg (120) 115/21 mcg (120) 230/21 mcg (120)	BID	90 - 180	460	920
Mometasone/formoterol (Dulera[®] HFA)	Spacer compatible	50/5 mcg (120) 100/5 mcg (120) 200/5 mcg (120)	BID	100	200	400
<p>G: Generic is available. When generic and brand are available, Ohio Medicaid prefers brand over generic (except for Flovent[®], since brand not in marketplace).</p> <p>HFA: Hydrofluoroalkane, a propellant most commonly used in metered dose inhalers.</p> <p>*When available, these comparative dosages were obtained from the 2007 NAEPP Expert Panel Report 3 (EPR3). If not available in EPR3, the 2023 Global Initiative for Asthma guidelines were referenced.</p> <p>^For patients 0-4 years old there are only equivalent dose recommendations in guidelines for fluticasone propionate HFA and nebulized budesonide. For other medications in this table, the suggested reference doses provided are the expert opinion of clinicians at Dayton Children's Hospital</p>						

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Single Maintenance and Reliever Therapy (SMART)

ICS + Long-Acting Beta Agonist (LABA)

BOLD = Preferred, no PA required for Medicaid patients

Inhaler Mechanism	Drug	Age (years)	Low Dose Inhaler Strength	Medium Dose Inhaler Strength	Dose and Frequency	Max Dose
Metered-dose Inhalers (MDI) <ul style="list-style-type: none"> Aerosolized inhalation that is pushed to activate Shake before use Needs primed Use with spacer 	Symbicort® HFA Budesonide / formoterol	4-11	80-4.5 mcg	160-4.5 mcg	1 to 2 puffs BID and 1 puff PRN	8 puffs
		≥ 12				12 puffs
	Dulera® HFA Mometasone / formoterol	4-11	50-5 mcg	100-5 mcg	1 to 2 puffs BID and 1 puff PRN	8 puffs
		≥ 12				12 puffs

Example Prescription – Low Dose ICS + LABA

Age (years)	Drug	Strength	Directions
4-11	Symbicort® HFA Budesonide / formoterol	80-4.5 mcg	Inhale 2 puffs by mouth with spacer twice daily. May also inhale 1 puff as needed for symptoms (Max: 8 total puffs per day). Dispense 2 inhalers for 30-day supply.
≥ 12	Symbicort® HFA Budesonide / formoterol	80-4.5 mcg	Inhale 2 puffs by mouth with spacer twice daily. May also inhale 1 puff as needed for symptoms (Max: 12 total puffs per day). Dispense 2 inhalers for 30 day supply.

Expert Panel Working Group of the National Heart, Lung, and Blood Institute (NHLBI) administered and coordinated National Asthma Education and Prevention Program Coordinating Committee (NAEPPCC), Cloutier MM, et al. 2020 Focused Updates to the Asthma Management Guidelines: A Report from the National Asthma Education and Prevention Program Coordinating Committee Expert Panel Working Group. J Allergy Clin Immunol. 2020 Dec;146(6):1217-1270.

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