



INHALE

CLINICAL NEWSLETTER

Newsletter Highlights

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Dr. Michael Sjoding

Meet the Program Co-Director

Medical School: Loyola University in Chicago

Residency: Internal Medicine, University of Chicago

Fellowship: Pulmonary and Critical Care, University of Michigan

Other Degrees: Master's in Healthcare Research, University of Michigan

Michael Sjoding, MD, MS is an Associate Professor of Medicine in the Division of Pulmonary and Critical Care at the University of Michigan. His research focuses on developing novel strategies to improve hospital care for patients with acute respiratory diseases. His work involves applying machine-learning techniques to routinely available electronic health record and imaging data with the goal of developing systems to assist physicians in clinical decision-making. His research is currently funded by the National Institutes of Health.

Medication Update & MMIT Coverage App

The FDA has approved benralizumab (Fasenra; AstraZeneca) as an add-on therapy when treating patients aged 6 to 11 years that have severe asthma with an eosinophilic phenotype. This second indication comes after the phase 3 TATE trial, which demonstrated positive results.



[Read the full article here](#)

MMIT: Coverage Search App

- Medication coverage search
- Understand restrictions
- Identify alternatives
- Guide patients
- Learn trends



The app is updated every 2 weeks to ensure that providers have the most accurate coverage information.

[Learn more about the app here](#)

The Smartest Ways to Prescribe SMART

Single Maintenance and Reliever Therapy (SMART), or Maintenance and Reliever Therapy (MART) uses a single ICS-formoterol combination inhaler, dosed daily as maintenance and as needed as the patient's reliever medication. SMART and GINA 2023 recommends Anti-Inflammatory Relievers (AIR), like those used in SMART, because they reduce the risks of severe exacerbations, corticosteroid-associated adverse events and SABA overuse leading to increased risk of exacerbations.

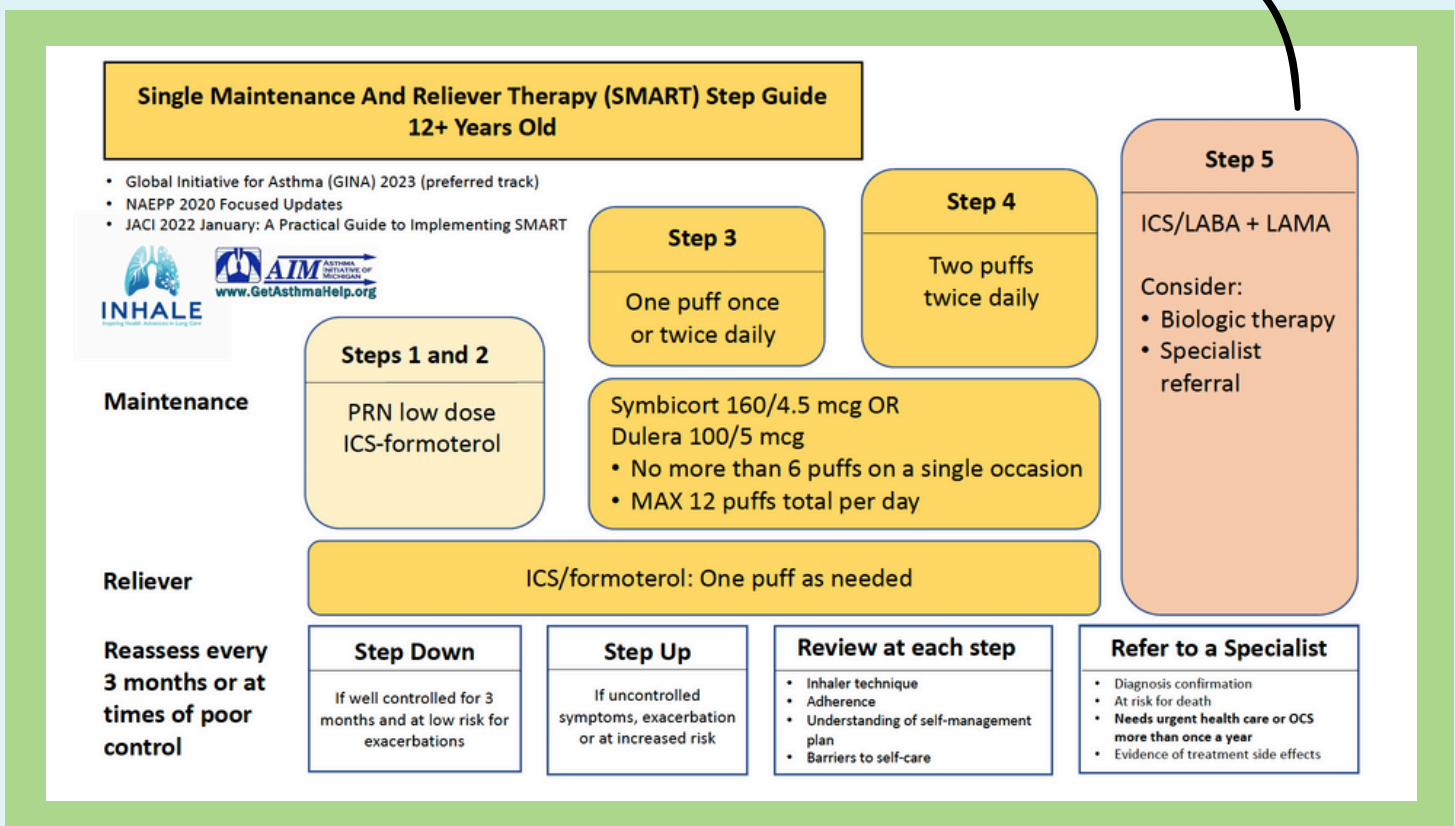
Medications used in SMART or MART and AIR are:

- Budesonide-formoterol (Symbicort, Breyna)
- Mometasone-formoterol (Dulera)
- Albuterol-budesonide (AIRSUPRA)

Budesonide-formoterol and mometasone-formoterol can be used in both SMART and AIR-only treatment plans. While albuterol-budesonide can only be used in AIR-only or as a reliever with other maintenance medications. Drugs containing salmeterol or vilanterol should not be used in SMART or AIR because they are not fast-acting and vilanterol is ultra-long-acting. See figure below for which patients may be most appropriate for SMART therapy.

Insurance coverage will vary depending on the specific plan. Note that neither Symbicort, Breyna or Dulera have been FDA approved as reliever therapy, and package labeling still reflects use for maintenance therapy only.

[View the full SMART Step Guides here](#)



Prescribing SMART

- Medication strengths recommended for SMART/MART
 - budesonide-formoterol 80/4.5 mcg or 160/4.5 mcg inhaler
 - Dulera (mometasone-formoterol) 50/5 mcg or 100/5 mcg inhaler
- Max dosing information for SMART
 - 5-11 yrs: 8 puffs max total per day (maintenance puffs + reliever puffs)
 - 12 yrs & older: 12 puffs max total per day (maintenance puffs + reliever puffs)
- Prescription details for SMART:
 - Instructions:
 - Children 5-11: Inhale 1-2 puffs (depending on step/severity) with chamber two times daily, then one additional puff as needed for relief of symptoms. Max 8 puffs per day
 - Adults and adolescents 12 and older: Inhale 1-2 puffs (depending on step/severity) with chamber two times daily, then one additional puff as needed for relief of symptoms. Max 12 puffs per day
 - Will need two inhalers per month for SMART. Insurance coverage may vary with quantity limitations if patients are using Symbicort for reliever and maintenance therapy.
- Prescription details for albuterol-budesonide (AIRSUPRA) Ages 18 and older only
 - Inhale 2 puffs with chamber as needed for symptoms. Do not exceed 12 puffs within a 24-hour period.

SMART and AIR-only Dosing		ICS-Formoterol Medication & Strength						ICS/SABA Medication & Dosing	
STEP	AGE GROUP	Budesonide-formoterol	Mometasone-formoterol	Directions	Reliever Doses*	MAX Doses*	MAX mcg formoterol	Albuterol-budesonide	MAX Doses*
1 & 2 AIR-only	6 to 11	no evidence						NA	
	12 to 17	160/4.5	100/5	One puff as needed	one prn	12	54	NA	
	18 and older							2 puffs prn	6
3	6 to 11	80/4.5	50/5	One puff once daily	one prn	8	48	NA	
	12 to 17	160/4.5	100/5	One puff once or twice daily	one prn	12	54	NA	
	18 and older							2 puffs prn	6
4	6 to 11	80/4.5	50/5	One puff twice daily	one prn	8	48	NA	
	12 to 17	160/4.5	100/5	Two puffs twice daily	one prn	12	54	NA	
	18 and older							2 puffs prn	6
5	6 to 11	no evidence						NA	
	12 to 17	160/4.5	100/5	Two puffs twice daily	one prn	12	54	NA	
	18 and older							2 puffs prn	6

Adapted from GINA 2023 Full report, pg 80

*one dose=one puff

*one dose=2 puffs

Updates & Reminders

SAVE THE DATE

- Education Workgroup Zoom Meeting
 - May 13th, 2024 - 4:00pm
 - Contact Brenna at bdressle@med.umich.edu to be added to the group
- Spring Regional Meetings
 - May 7th, 14th, & 15th
- Fall Regional Meetings (tentative)
 - September 24th, 25th, October 1st, 3rd, 15th, and 16th
- Collaborative Wide Meeting
 - June 7th, 2024 8:30am-12:00pm
 - PO Admins required

Lung Learning Lab Recordings Available!

Recordings for three of the Lung Learning Labs are now available on the INHALEarning Platform. The fourth will be available early May.

- [Access the platform here](#)


- Reminder -

All INHALE participating providers must view one of the four Lung Learning Labs. CME is offered for each that is watched and participants must make sure to complete the VBR Credit Form within the course to mark the requirement as met.

Note: Only one credit form submission is needed to satisfy the measure.

EHR Integrated GOLD Guidelines


By incorporating GOLD's strategies into AvomD's intuitive user interface, clinicians can quickly access key COPD guidance in a digitized format, enabling them to deliver high-quality care to their patients while saving time. Importantly, healthcare organizations can integrate AvomD into their EHR, allowing clinicians to automate documentation and ordering workflows, which will digest information directly from GOLD's guidelines and data from the patient chart to ensure that treatment recommendations are of the highest clinical standards.



Now Available:
2024 GOLD Report in an Actionable Digital Format

[Try now!](#)

Contact info@avomd.io to get the GOLD Report in your EHR



For more information on the GOLD AvomD interface, contact info@avomd.io