



GINA 2025

Initiation of Treatment Ages 6 years and Older (^NAEPP 2020 4 & Older)



| GINA 2025 – Track 1 | | | | SMART: ICS-Formoterol | | | | | | AIR: SABA/ICS | |
|---|------|------------|-------------------------------|-----------------------|-----------------------|------------------|---------------------|------------|--------------------|--------------------|------------|
| Symptoms | STEP | AGE GROUP | ICS | Budesonide-formoterol | Mometasone-formoterol | Directions | Reliever Doses | *MAX Doses | MAX mcg formoterol | Reliever Doses | *MAX Doses |
| | | | | | | | one dose = one puff | | | one dose = 2 puffs | |
| < 2 days a week No waking at night Normal or near normal lung function | 1 | 6 to 11 | Low dose ICS + SABA PRN | No evidence to date | | | NA | | | NA | |
| | | 12 to 17 | AIR-Only | 160/4.5 | 100/5 | 1 puff PRN | 1 PRN | 12 | 54 | NA | |
| | | 18 & older | | | | | | | | 1 PRN | 6 |
| 2 to < 5 days/week No waking at night Normal or near normal lung function | 2 | 6 to 11 | Daily low dose ICS + SABA PRN | No evidence to date | | | NA | | | NA | |
| | | 12 to 17 | AIR-Only | 160/4.5 | 100/5 | 1 puff PRN | 1 PRN | 12 | 54 | 1 PRN | 6 |
| | | 18 & older | | | | | | | | | |
| Most days but not daily Waking at night ≥1x/week ↓ lung function | 3 | 4 to 11 | SMART ^ | 80/4.5 | 50/5 | 1 puff QD | 1 PRN | 8 | 48 | NA | |
| | | 12 to 17 | SMART | 160/4.5 | 100/5 | 1 puff QD or BID | 1 PRN | 12 | 54 | NA | |
| | | 18 & older | | | | | | | | 1 PRN | 6 |
| Daily or most days Waking at night ≥1x/week ↓ lung function Recent exacerbation | 4 | 4 to 11 | SMART ^ | 80/4.5 | 50/5 | 1 puff BID | 1 PRN | 8 | 48 | NA | |
| | | 12 to 17 | SMART | 160/4.5 | 100/5 | 2 puff BID | 1 PRN | 12 | 54 | NA | |
| | | 18 & older | | | | | | | | 1 PRN | 6 |

*Max dose per 24-hour period

Definitions:

AIR-Only: Anti-inflammatory reliever therapy as needed only

ICS-formoterol PRN only

ICS + SABA PRN only

SABA/ICS PRN only (18 & older)

SMART: Single Maintenance and Reliever Therapy

ICS-formoterol daily and PRN

For both AIR-Only and SMART:

Only use medications with formoterol as the LABA.

Never use

ICS-salmeterol

ultra-long-acting beta-agonists like
vilanterol.

MEDICATIONS USED IN SMART & AIR

| Brand name | Generic Name | Strengths (mcg) | Type of Device |
|---------------|-----------------------|--------------------|----------------|
| Symbicort HFA | budesonide/formoterol | 80/4.5, 160/4.5 | MDI |
| Breyna HFA | budesonide/formoterol | 80/4.5, 160/4.5 | MDI |
| Dulera HFA | mometasone/formoterol | 50/5, 100/5, 200/5 | MDI |
| AirSupra | albuterol/budesonide | 90/80 | MDI |

Asthma Action Plans:

18 & Older AIR/SMART
Asthma Action Plan



6-17 Years Old SMART
Asthma Action Plan



Visit <https://inhalecqi.org/>
for more resources!

