

2023 GINA Stepwise Approach – 12 Years & Older



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GINA Steps	Step 1	Step 2	Step 3	Step 4	Step 5	
NAEPP Severity	Intermittent	Mild persistent	Moderate persistent	Severe persistent		
NAEPP Tx Steps	Step 1	Step 2	Step 3 or 4	Step 5	Step 6	
Symptoms	Symptoms twice a month or less than 4-5 days per week. At low risk for future exacerbations and no exacerbations in the past 12 months		<ul style="list-style-type: none"> • Most days <u>or</u> • Waking with symptoms once/week or more • Risk factors exist 	<ul style="list-style-type: none"> • Daily <u>or</u> • Waking with symptoms more than once/week • Plus low lung function 	Not controlled on lower step therapy	
Preferred	Daily Controller	As-needed low dose ICS-formoterol		Low dose ICS-formoterol (SMART)	<ul style="list-style-type: none"> • Medium dose ICS-formoterol (SMART) • Refer to specialist 	<ul style="list-style-type: none"> • Add-on LAMA • Refer for phenotype assessment • Consider <ul style="list-style-type: none"> ○ Daily high dose ICS-formoterol ○ Add-on biologics
	As-needed Reliever	Low dose ICS-formoterol				
Alternative	Symptoms	Symptoms less than twice/month	Twice/month or more, but less than 4-5 days/week	<ul style="list-style-type: none"> • Most days <u>or</u> • Waking with symptoms once/week or more 	<ul style="list-style-type: none"> • Daily <u>or</u> • Waking with symptoms more than once/week • Plus low lung function 	Not controlled on lower step therapy
	Daily Controller	ICS taken with SABA as-needed	Low dose ICS	Low dose ICS-formoterol (SMART)	Medium/high dose ICS-formoterol (SMART)	<ul style="list-style-type: none"> • Add-on LAMA • Refer for phenotype assessment • Consider <ul style="list-style-type: none"> ○ Daily high dose ICS-formoterol ○ Add-on biologics
	As-needed Reliever	ICS-SABA or SABA				