

Asthma Management in Ages 12+ Years

Based on the 2024 Global Initiative for Asthma (GINA) Report

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Asthma management is an individualized, continuous cycle of assessment, treatment/adjustment, and review

Assess

- Confirmation/evaluation of diagnosis, if necessary
- Symptom control & modifiable risk factors
- Comorbidities
- Patient goals & inhaler technique/adherence

Adjust

- Treat comorbidities & modifiable risk factors
- Utilize non-pharmacotherapy, if possible
- Add/adjust asthma medications
- Educate and train skills and proper use

Review

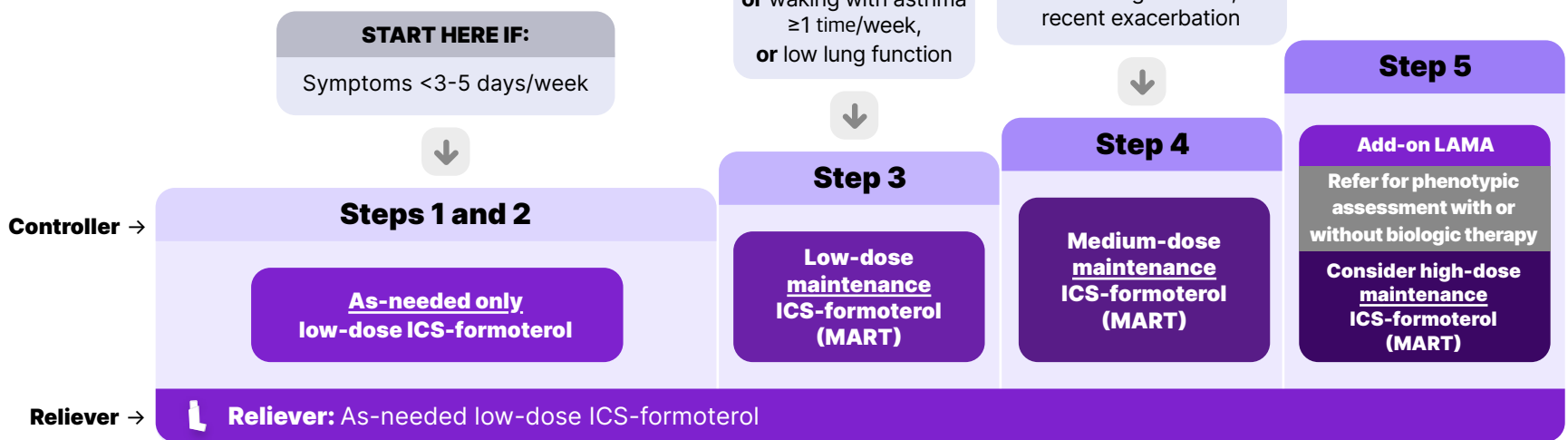
- Symptoms, lung function
- Asthma exacerbations
- Medication/treatment side effects
- Patient satisfaction, quality of life

Repeat

- Assess
- Adjust
- Review

TRACK 1 Preferred Approach

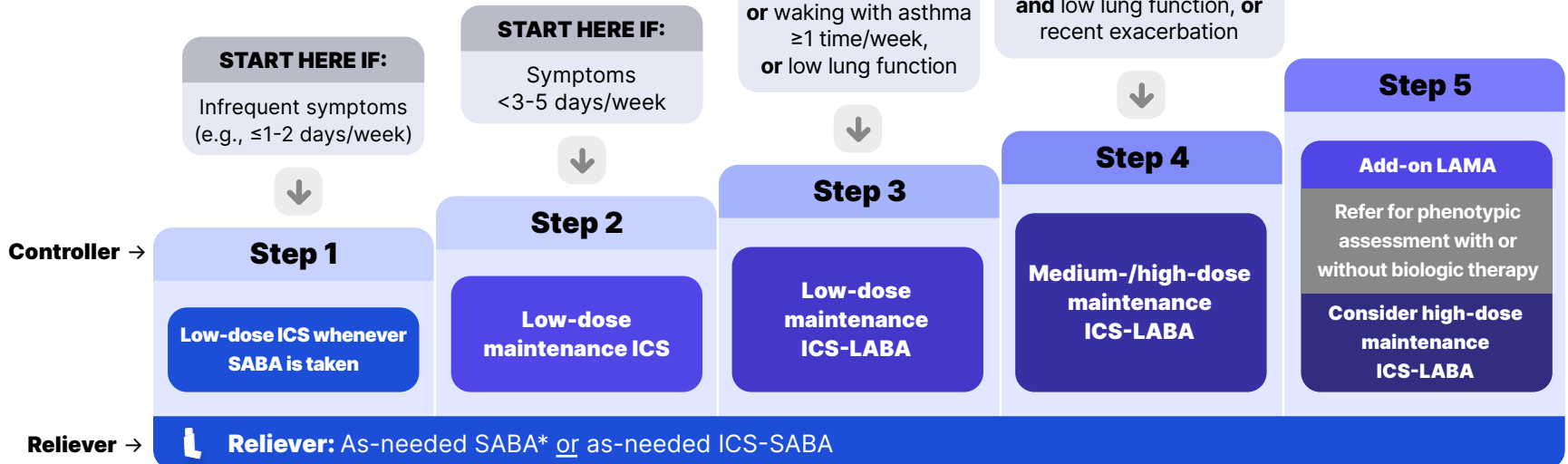
- **Controller:** Follow steps
- **Reliever:** As-needed low dose ICS-formoterol



The alternate approach (Track 2) is reasonable when: preferred approach (Track 1) is not possible, patient is stable on their current therapy (e.g., no exacerbation within the past year), or alternate approach is preferred by the patient

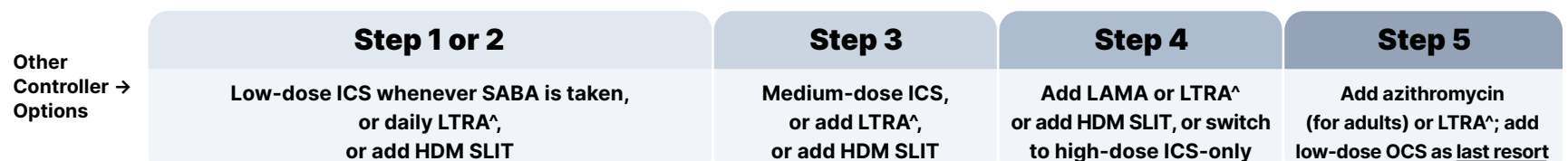
TRACK 2 Alternative Approach

- **Controller:** Follow steps
- **Reliever:** As-needed SABA or as-needed ICS-SABA



*If considering SABA reliever, confirm that the patient is likely to be adherent to daily controller treatment

Other Controller Options for use in either approach (limited indications, less evidence for safety or efficacy)



[^]When considering LTRA, advise patients/caregivers regarding the potential risk of neuropsychiatric adverse events

HDM SLIT: house dust mite sublingual immunotherapy; ICS: inhaled corticosteroid; LABA: long-acting beta-2 agonist; LAMA: long-acting muscarinic antagonist; LTRA: leukotriene receptor antagonist; MART: maintenance and reliever therapy; OCS: oral corticosteroids; SABA: short-acting beta-2 agonist

Asthma Management in Ages 11 Years and Under



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- Symptom control & modifiable risk factors
- Comorbidities
- Patient goals & inhaler technique/adherence

Adjust

- Treat comorbidities & modifiable risk factors
- Utilize non-pharmacotherapy, if possible
- Add/adjust asthma medications
- Educate and train skills and proper use

Review

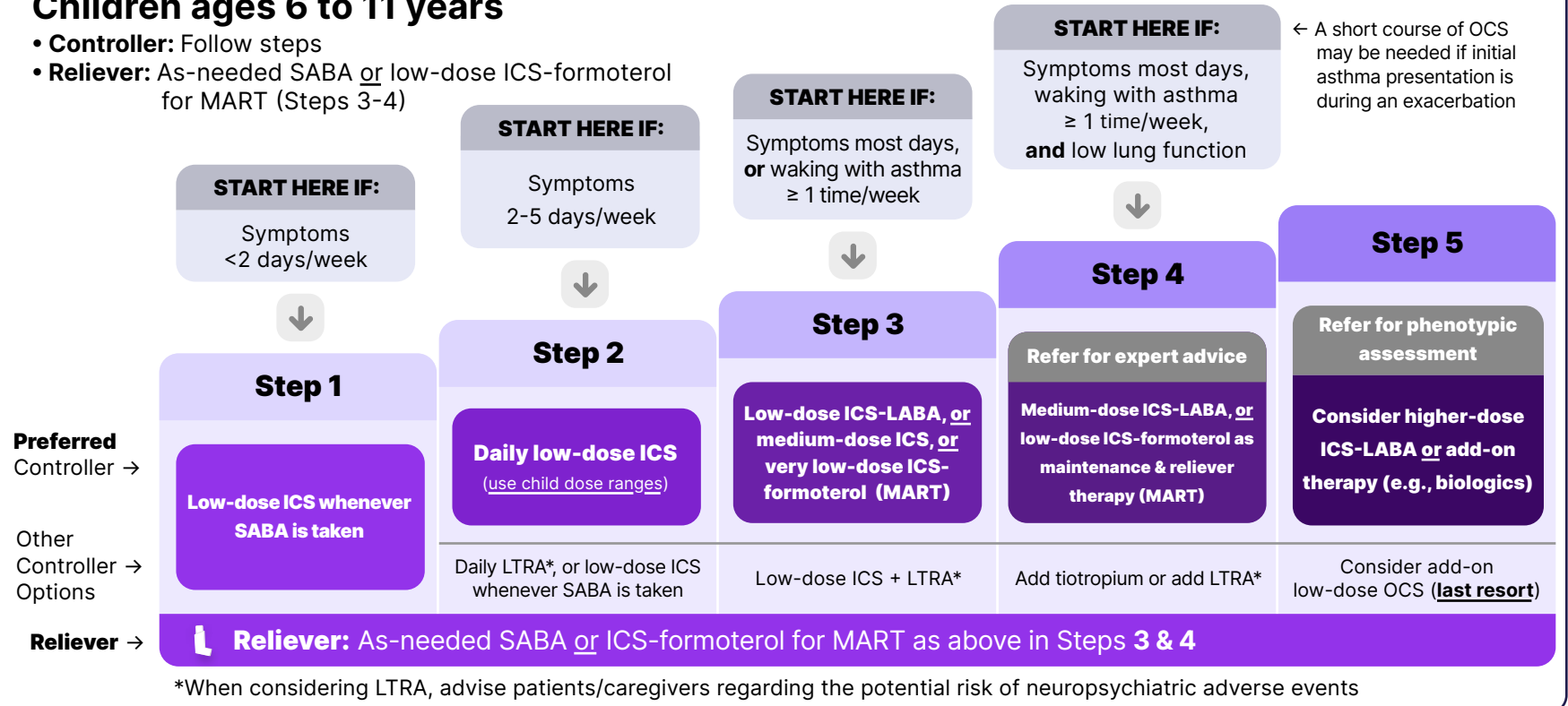
- Symptoms, lung function
- Asthma exacerbations
- Medication/treatment side effects
- Patient satisfaction, quality of life

Repeat

- Assess
- Adjust
- Review

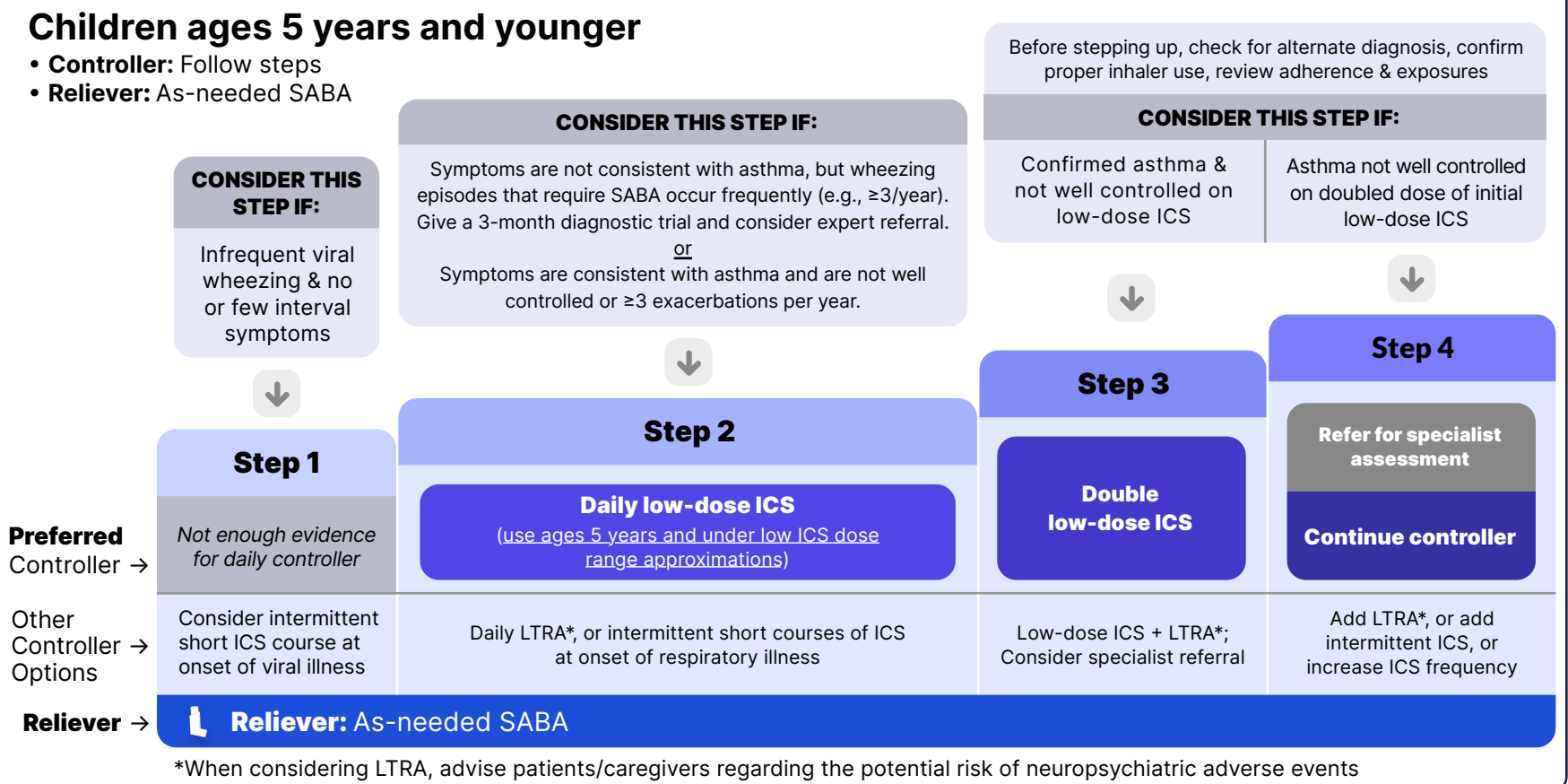
Children ages 6 to 11 years

- **Controller:** Follow steps
- **Reliever:** As-needed SABA or low-dose ICS-formoterol for MART (Steps 3-4)



Children ages 5 years and younger

- **Controller:** Follow steps
- **Reliever:** As-needed SABA



ICS: inhaled corticosteroid; LABA: long-acting beta-2 agonist; LAMA: long-acting muscarinic antagonist; LTRA: leukotriene receptor antagonist; MART: maintenance and reliever therapy; OCS: oral corticosteroids; SABA: short-acting beta-2 agonist