

Single Maintenance And Reliever Therapy (SMART) Step Guide 5-11 Years Old

- Global Initiative for Asthma (GINA) 2023 (preferred track)
- NAEPP 2020 Focused Updates
- JACI 2022 January: A Practical Guide to Implementing SMART



Maintenance

Step 1

Low dose ICS
whenever
SABA taken

Step 2

Daily low
dose ICS

Step 3

One puff once
daily

Step 4

One puff twice
daily

Step 5

ICS/LABA +
LAMA

Consider:

- Biologic therapy
- Specialist referral

Reliever

SABA: 1-2 puffs as needed

ICS/formoterol: One puff as needed

**Reassess every
3 months or at
times of poor
control**

Step Down

If well controlled for 3
months and at low risk for
exacerbations

Step Up

If uncontrolled
symptoms, exacerbation
or at increased risk

Review at each step

- Inhaler technique
- Adherence
- Understanding of self-management plan
- Barriers to self-care

Refer to a Specialist

- Diagnosis confirmation
- At risk for death
- **Needs urgent health care or OCS more than once a year**
- Evidence of treatment side effects

Single Maintenance And Reliever Therapy (SMART) Step Guide 12+ Years Old

- Global Initiative for Asthma (GINA) 2023 (preferred track)
- NAEPP 2020 Focused Updates
- JACI 2022 January: A Practical Guide to Implementing SMART



Maintenance

Steps 1 and 2

PRN low dose
ICS-formoterol

Step 3

One puff once
or twice daily

Symbicort 160/4.5 mcg OR
Dulera 100/5 mcg

- No more than 6 puffs on a single occasion
- MAX 12 puffs total per day

Step 4

Two puffs
twice daily

Step 5

ICS/LABA + LAMA

Consider:

- Biologic therapy
- Specialist referral

Reliever

ICS/formoterol: One puff as needed

**Reassess every
3 months or at
times of poor
control**

Step Down

If well controlled for 3
months and at low risk for
exacerbations

Step Up

If uncontrolled
symptoms, exacerbation
or at increased risk

Review at each step

- Inhaler technique
- Adherence
- Understanding of self-management plan
- Barriers to self-care

Refer to a Specialist

- Diagnosis confirmation
- At risk for death
- **Needs urgent health care or OCS more than once a year**
- Evidence of treatment side effects

Single Maintenance And Reliever Therapy (SMART) Step Guide 5 Years Old & Younger

- Global Initiative for Asthma (GINA) 2023
- NAEPP 2020 Focused Updates
- JACI 2022 January: A Practical Guide to Implementing SMART



Maintenance

Step 1

Short course of ICS at onset of a viral illness

Step 2

Daily low dose ICS

Step 3

If asthma not well-controlled on low dose ICS: double low-dose ICS or for 4-5 yrs consider low-dose ICS-formoterol

Step 4

Asthma not well-controlled on double ICS or low dose ICS-formoterol: continue controller & refer to specialist

Reliever

SABA: 1-2 puffs as needed; 4-5 yrs Steps 3-4 consider ICS-formoterol

Reassess every 3 months or at times of poor control

Step Down

If well controlled for 3 months and at low risk for exacerbations

Step Up

If uncontrolled symptoms, exacerbation or at increased risk

Review at each step

- Inhaler technique
- Adherence
- Understanding of self-management plan
- Barriers to self-care

Refer to a Specialist

- Diagnosis confirmation
- At risk for death
- **Needs urgent health care or OCS more than once a year**
- Evidence of treatment side effects