



2025 GINA Stepwise Approach – 0 to 5 Years Old

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	Infrequent viral wheezing and no or few symptoms between viral episodes	Wheezing episodes requiring SABA 3 or more times per year	<ul style="list-style-type: none"> Asthma not well-controlled on low dose ICS most days <u>or</u> Waking with symptoms once/week or more 	<ul style="list-style-type: none"> Asthma symptoms not controlled on lower step therapy most days <u>or</u> Waking with symptoms more than once/week Plus low lung function Check for alternative dx, inhaler skills, adherence 	
Preferred	Daily Controller	No daily controller	Low dose ICS	Double initial low dose ICS	<ul style="list-style-type: none"> Maintain double initial low dose ICS Refer to specialist
	As-needed Reliever	SABA			

6 to 11 Years Old

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	Less than two times/week and no risk factors for exacerbations	2-5 days a 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"> Most days <u>or</u> Waking with symptoms more than once/week Plus low lung function 	Not controlled on lower step therapy
Preferred	Daily Controller	No daily controller	<ul style="list-style-type: none"> Low dose ICS-LABA <u>or</u> Medium dose ICS + PRN SABA <u>or</u> Very low dose ICS-formoterol (SMART) 	<ul style="list-style-type: none"> Medium Dose ICS-LABA +PRN SABA <u>or</u> Very low 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 taken with SABA	SABA	ICS-formoterol	SABA

2025 GINA Stepwise Approach – 12 Years & Older

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 >3-5 days a week. Normal or near normal lung function. 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	AIR-only: 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			