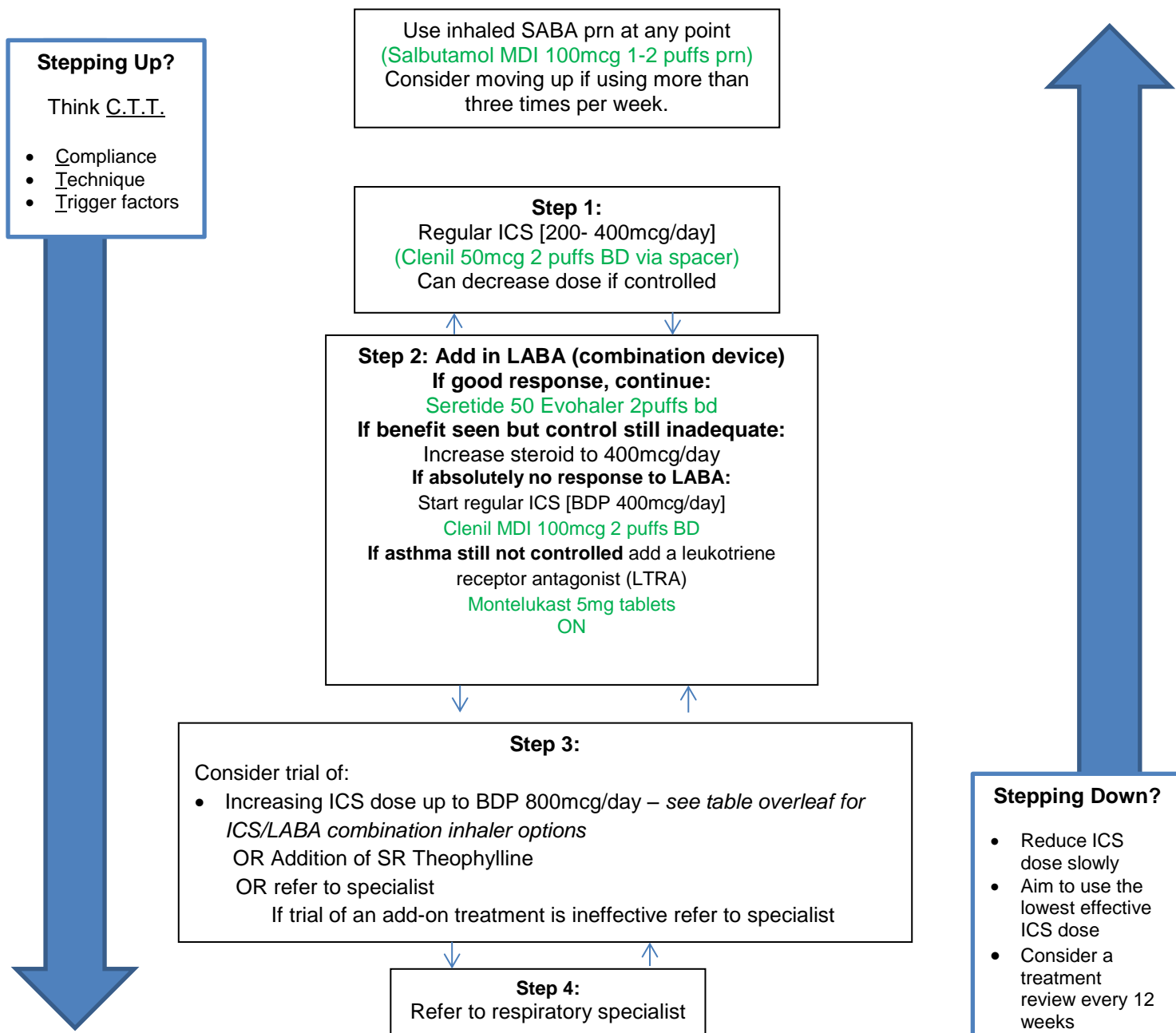


# Child (5-12 years) Asthma Quick Reference Guide

1<sup>st</sup> choice inhaler for each step is listed below. See over the page for alternative inhalers

## Key Points:

- Start treatment at the step most appropriate to initial severity of their asthma.
- Patients, parents/guardians should receive training for each device prescribed, and be able to demonstrate satisfactory technique.<sup>1</sup>
- Advise patients, parents/guardians to monitor symptoms and return to clinic if no improvement or if symptoms worsen.
- Offer annual influenza vaccination to all patients with asthma that require continuous or repeated use of **inhaled or systemic** steroids or with previous exacerbations requiring hospital admission<sup>2</sup>.
- Check concordance and reconsider diagnosis if response to treatment is unexpectedly poor.<sup>1</sup>
- Ensure patient has a self-management plan.
- Perform yearly asthma review.
- Anyone prescribed more than one SABA a month should be assessed urgently and measures taken to improve asthma control if poor
- Check smoking status of parents and educate around the effects of passive smoking. Consider referral to [OneLife Suffolk](#)



	Step 1 [BDP 200-400mcg]	Step 2 (5-6 years) [BDP 200-400mcg]	Step 2 (6-12 years) [BDP 200-400mcg]	Step 3 Tailor therapy to patient/preferred device [BDP 200-800mcg]	Step 4
1 <sup>st</sup> Choice	Clenil 50mcg (MDI) + spacer 2 puffs BD  OR  Montelukast 5g tablets ON	Seretide 50 Evohaler* MDI + spacer 2 puffs BD	Clenil 100mcg MDI + spacer 2 puffs BD  OR  Seretide 50 Evohaler* MDI + spacer 2 puffs BD  OR  Montelukast 5mg tablets  ON	Listed in order of cost per year: Flixotide Evohaler (£70.72) Seretide 100 Accuhaler* (£104) Asmabec 100 clickhaler* (£127.53) Easyhaler budesonide* (£153.92) Easyhaler beclomethasone* (£194.09)  OR Move to step 4	Refer to specialist
2 <sup>nd</sup> choice	Flixotide 50 evohaler + spacer (MDI) 1-2 puffs BD	Seretide 100 Accuhaler (DPI)* 1 puff BD (Consider inhaler technique)			
Use SABA as required (Salbutamol MDI 100mcg+spacer 1-2 puffs prn) Consider stepping up if needing 3 doses or more per week					

\* Inhaler features a dose counter

### Colour coded costs

Cost brackets for one year of regular treatment at specified dose.

<£150	£150 - £299	£300 - £399	£400 - £499
£500 - £599	£600 - £699	£700 - £799	£800 +

### Key

MDI	- Metered dose inhaler
DPI	- Dry powder inhaler
BAA	- Breathe actuated aerosol
ICS	- Inhaled corticosteroid
SABA	- Short acting $\beta_2$ agonist
LABA	- Long acting $\beta_2$ agonist
LTRA	- Leukotriene receptor antagonist
[BDP xxxmcg]	- Equivalent dose of beclomethasone dipropionate

### Complete control of asthma: The 6 measures<sup>1</sup>

1. No daytime symptoms
2. No night-time awaking due to asthma
3. No need for rescue medication
4. No exacerbations
5. No limitation on activity including exercise
6. Normal lung function (FEV1 and/or PEF>80% predicted or best)

With minimal side-effects

### High dose steroids

[BDP>800mcg daily]

Ensure patient has

- a steroid card
- a spacer device (patients using an MDI only)

### Spacer devices<sup>4</sup>

#### Ages 5-12 years

- **1st Line: MDI + spacer**
- Replace device every 12 months
- Use either **Space Chamber Plus Compact** or **Aerochamber Plus** (both are available with or without mask).

#### Choice of device<sup>4</sup>

- Assess ability of child to develop and maintain an effective inhaler technique with the device
- Suitability of device for child or carers lifestyle e.g portability or convenience
- The child's preference for and willingness to use the device

Produced by the Medicines Management Team, Ipswich and East Suffolk CCG September 2017

References:

1. British Thoracic Society and Scottish Intercollegiate Guidelines Network (SIGN). British Guideline on the Management of Asthma. Published May 2008; last revision September 2016
2. Department of Health. The Green Book - Immunisation against infectious disease. Chapter 19 Influenza (last updated 2015) and Chapter 25 Pneumococcal (last updated 2013).
3. National Institute for Health and Clinical Excellence (NICE). Clinical Knowledge Summaries (CKS) – Asthma. Last updated December 2013. Accessed via <http://www.cks.nhs.uk>
4. National Institute for Health and Clinical Excellence (NICE). Inhaler devices for routine treatment of chronic asthma in older children (aged 5-15 years). Published March 2002