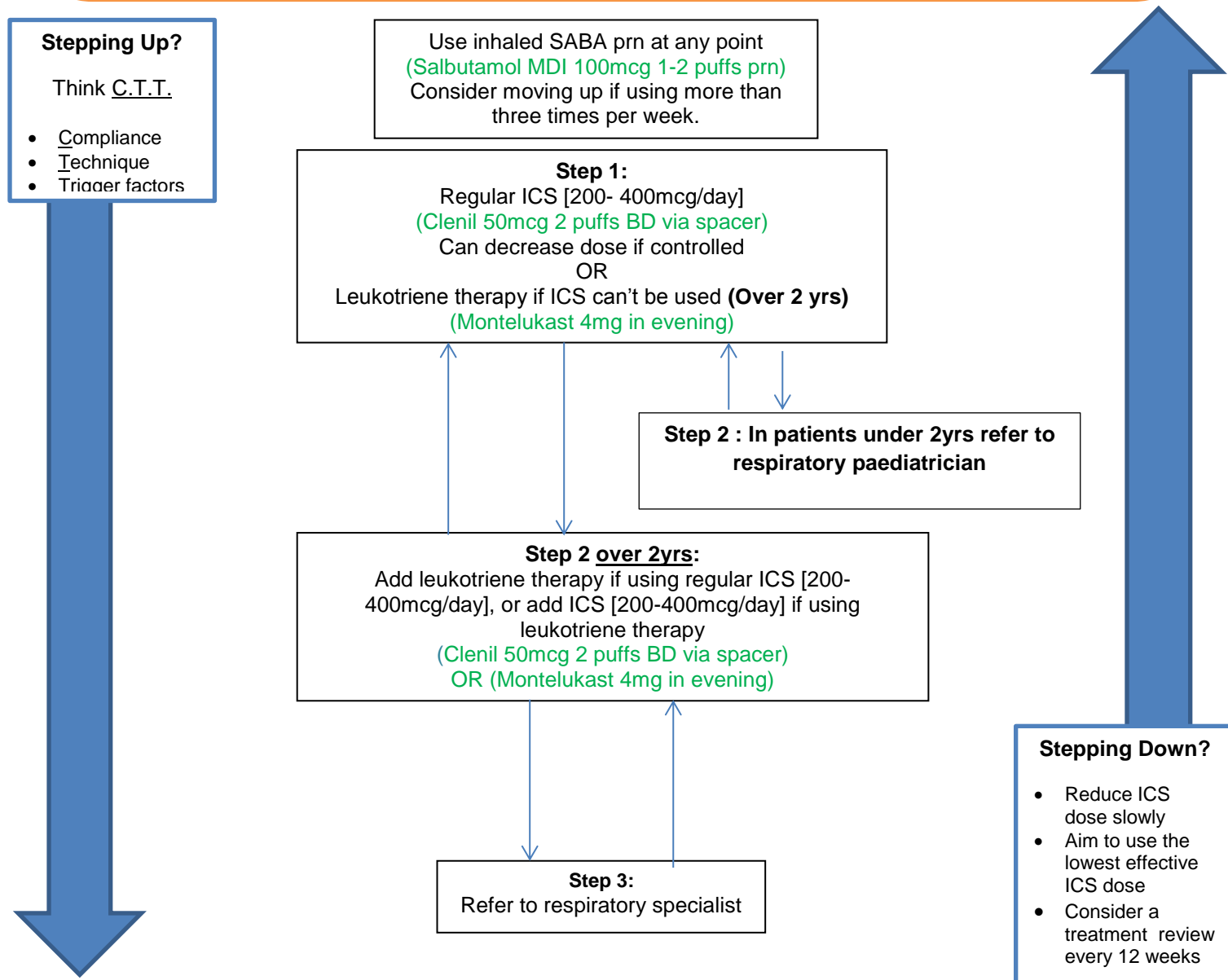


# Child (Under 5 years) Asthma Quick Reference Guide

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.
- Parents/guardians should receive training for each device prescribed, and be able to demonstrate satisfactory technique.<sup>1</sup>
- Advise 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.
- 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.
- Provide a spacer device for all patients prescribed a metered dose inhaler (MDI) to aid compliance and reduce side effects.
- 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 [BDP 200-400mcg]	Step 3
1 <sup>st</sup> Choice	<p>Clenil 50mcg + spacer (MDI) 2 puffs BD</p> <p>OR</p> <p>Montelukast 4mg granules or tablets (Over 2yrs)</p> <p>ON</p>	<p>In patients aged under 2, skip to step 3</p> <p>Over 2, add in: Montelukast 4mg granules or tablets ON</p> <p>Or</p> <p>Clenil 50mcg + spacer (MDI) 2 puffs BD</p>	Refer to specialist
	Use SABA as required (Salbutamol MDI 100mcg+spacer 1-2 puffs prn) Consider stepping up if needing 3 doses or more per week		

### Colour coded costs

Cost brackets for one year of regular treatment at specified

dose  
 <£150 | £150 - £299

### Key

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

### Spacer devices<sup>3</sup>

#### Ages 0-2 years

- 1<sup>st</sup> Line: MDI + spacer + face mask
- 2<sup>nd</sup> Line: MDI + spacer
- 3<sup>rd</sup> Line: Nebuliser (rarely needed)

#### Ages 3-5 years

- 1<sup>st</sup> Line: MDI + spacer
- 2<sup>nd</sup> Line: MDI + spacer + face mask
- 3<sup>rd</sup> Line: Nebuliser (rarely needed)
- Replace device every 12 months
- Use either Space Chamber Plus Compact (dishwasher safe) or Aerochamber Plus

### Resources

For further information please see [www.georgecoller.co.uk](http://www.georgecoller.co.uk) or [www.rightbreathe.com](http://www.rightbreathe.com)

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. National Institute for Health and Clinical Excellence (NICE). Clinical Knowledge Summaries (CKS) – Asthma. Last updated December 2013. Accessed via <http://www.cks.nhs.uk>
3. National Institute for Health and Clinical Excellence (NICE) TA10. Guidance on the use of inhaler systems (devices) in children under the age of 5 years old with chronic asthma August 2000