

Guidance for new or changing Inhaled Therapies: Asthma 18+

- Only change inhalers if clinically appropriate after a review.
- Prescribe inhalers by brand (except salbutamol pMDI).
- Use combination inhalers where appropriate.
- Check inhaler technique, inspiratory flow rate and adherence.
Hard and fast = DPI inhaler choices, Slow and steady = pMDI (encourage spacer use) and respimat inhaler

Consider:

- Symptoms - Day/Night - ACT score
- Review triggers
- Review exacerbation history/need for rescue treatment
- Smoking cessation advice
- Lifestyle - exercise and diet
- Vaccinations
- Self management advice/plan
- Co-morbidities
- Environmental impact of the inhaler

Abbreviations

MART

Maintenance and reliever therapy

AIR

Anti-Inflammatory reliever

FeNO

Fractional exhaled nitric oxide

LAMA

Long-Acting Muscarinic Antagonist

DPI

Dry Powder Inhaler

LTRA

Leukotriene Receptor Antagonist

pMDI

Pressurised Metered Dose Inhaler

LABA

Long Acting Beta 2 Agonist

SABA

Short Acting Beta 2 Agonist

ICS

Inhaled Corticosteroid

Inhaler expiry dates

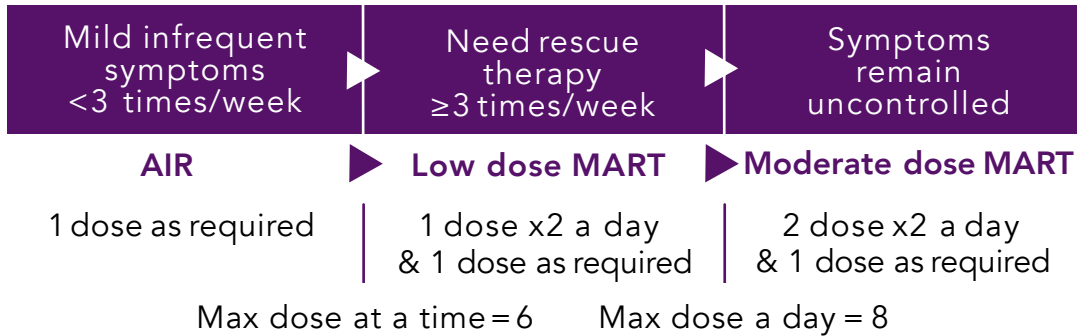
Once open

	Salbutamol Easyhaler DPI	6 months
	Bricanyl Turbohaler DPI	Date on inhaler
	Salbutamol 100mcg pMDI	Date on inhaler
	Symbicort Turbohaler DPI	Date on inhaler
	Soprobec pMDI	Date on inhaler
	Combisal pMDI	Date on inhaler
	Fobumix Easyhaler DPI	4 months
	Fostair Nexthaler DPI	6 months
	Beclometasone Easyhaler DPI	6 months
	Relvar Ellipta DPI	6 weeks
	Proxor pMDI	3 months (once dispensed)
	Trimbow pMDI	3 months (once dispensed)
	Spiriva Respimat Soft Mist	cartridge 3 months

Initial treatment

Additional treatment

Symptoms remain uncontrolled



If FeNO + Eosinophils are LOW

Additional controller trial - AS WELL AS MART

Montelukast (oral tablet) 10mg a night

Spiriva respimat 2 doses x1 a day



Additional controller trial + SABA - REPLACES MART

Trimbow 87/5/9 pMDI 2 doses x2 a day



If FeNO +/- Eosinophils are HIGH

High Strength ICS/LABA + SABA - REPLACES MART

Fostair 200/6 NEXThaler 2 doses x2 a day



DPI Fobumix 320/9 Easyhaler 1 dose x2 a day
can increase to 2 doses x2 a day



Relvar 184/22 Ellipta 1 dose x1 a day



Proxor 200/6 + spacer 2 doses x2 a day



pMDI Combisal 25/250 + spacer 2 doses x2 a day



Trimbow 172/5/9 + spacer 2 doses x2 a day



(see severe asthma guidance and referral to secondary care)

Pathway if not suitable for above

