

# Asthma treatment guideline for GPs and practice nurses - Children 5 years old and over

For use by GPs/practice nurse in their patients (other higher strength inhalers may be prescribed under the direction of specialist paediatrician)

All guidance follows NICE and BTS guidelines

## When required treatment

**NB IF ASTHMA IS SUSPECTED REGULAR ICS THERAPY SHOULD BE STARTED**

Particular attention should be paid to those children who are picking up more than two salbutamol inhalers per year for acute exacerbations as this suggests poor control

Salbutamol 100mcg MDI 2 puffs PRN  
200 doses

In those children over the age of 7 who wish to have an easy to use inhaler for school/social use

Salbutamol 200mcg Easyhaler 1 puff PRN  
100 doses

**IMPORTANT THAT IF EASYHALER IS USED THE PATIENT WILL STILL REQUIRE A pMDI PLUS VOLUMATIC FOR USE IN SEVERE EXACERBATION**

## Regular ICS Preventer Therapy

**Start at dose appropriate to severity of disease 'VERY LOW DOSE' NOT RECOMMENDED AS STARTING DOSE START AT 'LOW DOSE' AND REDUCE AS PER RESPONSE**

Clenil® 100mcg MDI 2 puffs BD  
120 doses

Clenil® 200mcg MDI 1 puff BD  
120 doses

**ALL CHILDREN MUST USE A (NON-PAEDIATRIC) VOLUMATIC WITH THEIR pMDI. (Although other spacers are available, we recommend Volumatic®) IF CHILD REFUSES TO USE pMDI + VOLUMATIC® OR HAS VERY POOR COMPLIANCE SEE OVERLEAF FOR DRY POWDER ALTERNATIVES**

**DRY POWDER INHALERS SHOULD NEVER BE FIRST LINE NO MATTER THE AGE OF THE CHILD**

## Initial Add-on Therapy

If strong history of atopy start montelukast at age appropriate dose

**Add in Long acting  $\beta$ -agonist Start at equivalent dose of steroid (see overleaf for conversions)**

Seretide®/Combisal® 50 MDI  
2 puffs BD  
120 doses

Seretide®/Combisal® 125 MDI 1 puff BD  
120 doses

Assess benefits after one month

- Good response → continue
  - Some benefit seen but still not completely controlled → ensure steroid component = 400mcg/day(BDP equivalent)
  - No response → stop LABA and increase (if not already done so steroid component to 400mcg/day BDP equivalent)
- If control still not adequate, start age-appropriate dose of montelukast for 6-week trial – stop if no improvement

**If GP or parents have concerns regarding asthma control, please refer to specialist services**

## Persistent poor control

**MEDIUM DOSE ICS**

Clenil® 200mcg MDI 2 puff BD  
120 doses

Seretide®/Combisal® 125 MDI  
2 puffs BD  
120 doses

Seretide®/Combisal® 250 MDI  
1 puff BD  
120 doses

**A referral to specialist service for all patients should be made**

**Good practice point: Check inhaler technique and concordance prior to stepping up treatment and always keep on lowest effective dose of ICS**

## Useful information

### Switching from Clenil/fluticasone to Seretide equivalence of steroid content

Clenil 100 TWO puffs BD = Fluticasone 50 TWO puffs BD = Seretide/Combisal/Flutiform 50 TWO puffs BD ≈ Seretide 125 ONE puff BD

### Switching from pMDI to accuhaler conversion

(only to be used when patient refuses to use pMDI and Volumatic. pMDI and Volumatic is the gold standard however when patient refuses the following can be used)

Clenil 100 TWO puffs BD = Fluticasone 50 TWO puffs BD = Fluticasone 100 accuhaler ONE puff BD

Clenil 200 TWO puffs BD ≈ Fluticasone 250 accuhaler ONE puff BD

Seretide/Combisal 50 TWO puffs BD = Flutiform 50 TWO puffs BD = Seretide 100 accuhaler ONE puff BD

Seretide/Combisal 125 TWO puffs BD = Flutiform 125 TWO puffs BD = Seretide 250 accuhaler ONE puff BD

### Switching from pMDI to turbohaler conversion

(only to be used when patient refuses to use pMDI and Volumatic. Due to the need for good continued inspiration technique we do not recommend these devices for anyone under the age of 12. If used ensure patient has excellent technique with placebo before allowing to use and monitor for loss of asthma control)

Clenil 100 TWO puffs BD = Fluticasone 50 TWO puffs BD = Budesonide 200 turbohaler ONE actuation BD

Clenil 50 TWO puffs BD = Fluticasone 50 ONE puffs BD = Budesonide 100 turbohaler ONE actuation BD

Seretide 50 ONE puff BD = Flutiform 50 ONE puff BD = Symbicort 100/6 ONE actuation BD

Seretide/Combisal 50 TWO puffs BD = Flutiform 50 TWO puffs BD = Symbicort 100/6 TWO actuations BD

Seretide/Combisal 125 ONE puff BD = Flutiform 125 ONE puff BD ≈ Symbicort 200/6 ONE actuation BD

Seretide/Combisal 125 TWO puffs BD = Flutiform 125 TWO puffs BD ≈ Symbicort 400/12 ONE actuation BD