

PAEDIATRIC ASTHMA INHALER GUIDELINE CHILDREN UNDER 5 YEARS

Diagnosis of childhood asthma is **not** covered in this guidance

PATIENT RESOURCES

BeatAsthma: [Home - Beat Asthma](#)



Asthma UK: [Asthma UK | Homepage](#)

Childhood Asthma Action Plan: [my-asthma-plan-2021-v5-multi-media-live.pdf](#)


Inhaler Technique Videos: [How to use your inhaler | Asthma UK](#)

Peak Flow Technique Video: [Peak flow test | Asthma UK](#)

STEP 1: PREVENTER INHALERS – all contain inhaled corticosteroid (ICS) **and** should **ALWAYS** be prescribed with a **RELIEVER INHALER**

TYPE	INHALER	PRESCRIBE	DEVICE INFORMATION	LICENSE AGE	COST/1 YEAR	ESTIMATED CARBON FOOTPRINT PER INHALER (kgCO2eq)
METERED-DOSE INHALERS (MDI)		Clenil (Beclometasone) 100mcg 1 puff BD	ALWAYS Prescribe with Spacer Dose Counter	2+	£27.01 Spacer should be replaced every 12 months	20
		Flixotide Evohaler (Fluticasone) 50mcg 1 puff BD	ALWAYS Prescribe with Spacer No Dose Counter	4+	£79.45 Spacer should be replaced every 12 months	20

STEP 1: PRN RELIEVER INHALER – should **ALWAYS** be prescribed in combination with a **PREVENTER INHALER**. No child with suspected asthma should be given a SABA inhaler without an ICS inhaler.

METERED-DOSE INHALERS (MDI)		Salbutamol (Generic) 100mcg 1-2 puffs 4hrly PRN	ALWAYS Prescribe with Spacer No Dose Counter	4+	£21.84 Spacer should be replaced every 12 months	10
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STEP 3: ADD LRTA - Montelukast (chewable tablet) 4mg OD – Annual cost £22.10

STEP 4: REFER TO SPECIALIST



**AEROCHAMBER PLUS
FLOW VU WITH INFANT
MASK 0-1 YEARS**



**AEROCHAMBER PLUS
FLOW VU WITH CHILD
MASK 1-5 YEARS**



**AEROCHAMBER PLUS
FLOW VU WITHOUT
MASK 5+ YEARS**

PAEDIATRIC ASTHMA INHALER GUIDELINE

CHILDREN AGED 5-12

Diagnosis of childhood asthma is **not** covered in this guidance

CONSIDER GREENER INHALER CHOICES

The primary consideration for all children and young people should be
ACHIEVING GOOD ASTHMA CONTROL!

For this reason, **Metered-Dose Inhalers** (MDIs) delivered **via a spacer** are currently the preferred devices in most children under 12 years old.

However, it is widely recognised that **Dry Powder Inhalers** (DPIs) have a 5-10x smaller carbon footprint than **Metered-Dose** (MDIs) and **Breath-Actuated Inhalers** (BAIs). This is because DPIs do not contain a hydrofluoroalkane (HFA) propellant that acts as a powerful greenhouse gas.

With carbon emissions and the environment in mind, you can consider treating some children under 12 years with a DPI. However, this must be done with caution and with the support of their GP or nurse. Most importantly, the child must be able to demonstrate good inhaler technique. For DPI options, please see the age-specific guidance for children aged 12+.

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STEP 1: PREVENTER INHALERS – all contain inhaled corticosteroid (ICS) **and** should **ALWAYS** be prescribed with a **RELIEVER INHALER**

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METERED-DOSE INHALERS (MDI)		Clenil (Beclometasone) 100mcg 1 puff BD	ALWAYS Prescribe with Spacer Dose Counter	2+	£27.01 Spacer should be replaced every 12 months	20
		Flixotide Evohaler (Fluticasone) 50mcg 1 puff BD	ALWAYS Prescribe with Spacer No Dose Counter	4+	£79.45 Spacer should be replaced every 12 months	20

STEP 1: PRN RELIEVER INHALER – should **ALWAYS** be prescribed in combination with a **PREVENTER INHALER**. No child with suspected asthma should be given a SABA inhaler without an ICS inhaler.


METERED-DOSE INHALERS (MDI)		Salbutamol (Generic) 100mcg 1-2 puffs 4hrly PRN	ALWAYS Prescribe with Spacer No Dose Counter	4+	£21.84 Spacer should be replaced every 12 months	10
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As discussed on the title page, some children <12 years may be able to use a more environmentally friendly Dry Powder Inhaler (DPI). For DPI options, please see the age-specific guidance for children aged 12+.

*Please note that even when a child is able to use and is prescribed DPI inhalers, they **must** also be prescribed an MDI SABA inhaler and a spacer for specific use in asthmatic emergencies.*

STEP 2: ADD LRTA - Age ≤5: Montelukast (chewable tablet) 4mg OD
Age 6-14: Montelukast (chewable tablet) 5mg OD

STEP 3: ICS/LABA COMBINATION INHALER – should replace patient’s existing ICS (Step 1) inhaler

METERED-DOSE INHALERS (MDI)		Combisal (Fluticasone & Salmeterol) 50/25mcg 2 puffs BD	ALWAYS Prescribe with Spacer No Dose Counter	4+	£163.80 Spacer should be replaced every 12 months	10-20
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STEP 4: REFER TO SPECIALIST



**AEROCHAMBER PLUS
FLOW VU WITH INFANT
MASK 0-1 YEARS**



**AEROCHAMBER PLUS
FLOW VU WITH CHILD
MASK 1-5 YEARS**



**AEROCHAMBER PLUS
FLOW VU WITHOUT
MASK 5+ YEARS**

PAEDIATRIC ASTHMA INHALER GUIDELINE

CHILDREN AGED 12+

Diagnosis of childhood asthma is **not** covered in this guidance

CONSIDER GREENER INHALER CHOICES

The primary consideration for all children and young people should be
ACHIEVING GOOD ASTHMA CONTROL!

For this reason, **Metered-Dose Inhalers** (MDIs) delivered **via a spacer** are currently the preferred devices in most children and young people, at least until their asthma is stable and well controlled.

However, it is widely recognised that **Dry Powder Inhalers** (DPIs) have a 5-10x smaller carbon footprint than **Metered-Dose** (MDIs) and **Breath-Actuated Inhalers** (BAIs). This is because DPIs do not contain a hydrofluoroalkane (HFA) propellant that acts as a powerful greenhouse gas.

With carbon emissions and the environment in mind, you can consider treating older children (>12 years) with a DPI. Please note that the child must be able to demonstrate good DPI technique and be supported by their GP or nurse in making the transition to a DPI.

PATIENT RESOURCES

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STEP 1: PREVENTER INHALERS – all contain inhaled corticosteroid (ICS) and should **ALWAYS** be prescribed with a **RELIEVER INHALER**

TYPE	INHALER	PRESCRIBE	DEVICE INFORMATION	LICENSE AGE	ESTIMATED COST/1 YEAR	ESTIMATED CARBON FOOTPRINT PER INHALER (kgCO ₂ eq)
METERED-DOSE INHALER (MDI)		Clenil 1000mcg 1 puff BD	ALWAYS Prescribe with Spacer Dose Counter	2+	£27.01 Spacer should be replaced every 12 months	20
METERED-DOSE INHALER (MDI)		Flixotide Evohaler 50mcg 1 puff BD	ALWAYS Prescribe with Spacer No Dose Counter	4+	£79.45 Spacer should be replaced every 12 months	20

STEP 1: PRN RELIEVER INHALER – should **ALWAYS** be prescribed in combination with a **PREVENTER INHALER**. No child with suspected asthma should be given a SABA inhaler without an ICS inhaler.

DRY-POWDER INHALER (DPI)		Salbutamol Easyhaler 100mcg 1-2 puffs 4hrly PRN	Dose Counter	4+	£48.27	<2
DRY-POWDER INHALER (DPI)		Ventolin Accuhaler 200mcg 1 puff 4hrly PRN	Dose Counter	4+	£87.36	<2
METERED-DOSE INHALER (MDI)		Salbutamol (Generic) 100mcg 1-2 puffs 4hrly PRN	ALWAYS Prescribe with Spacer No Dose Counter	4+	£21.84 Spacer should be replaced every 12 months	10

Please note that even when a child is able to use and is prescribed DPI inhalers, they **must** also be prescribed an MDI SABA inhaler and a spacer for specific use in asthmatic emergencies.

STEP 2: ADD LRTA – Annual cost £22.10

Age 12-14: Montelukast (chewable tablet) 5mg OD

Age 15+: Montelukast 10mg OD







AEROCHAMBER PLUS FLOW VU
ADULT WITH SMALL MASK



AEROCHAMBER PLUS FLOW VU
ADULT WITHOUT MASK

STEP 3: ICS/LABA COMBINATION INHALER – should replace patient’s existing ICS (Step 1) inhaler

TYPE	INHALER	PRESCRIBE	INFO	LICENSE AGE	ESTIMATED COST/1 YEAR	ESTIMATED CARBON FOOTPRINT PER INHALER (kgCO2eq)
DRY-POWDER INHALERS (DPI)		DuoResp Spiromax (Budesonide & Formoterol) 160/4.5mcg 1 puff BD	Dose Counter	12+	£169.98	<2
DRY-POWDER INHALERS (DPI)		Relvar Ellipta (Fluticasone & Vilanterol) 99/22 1 puff OD	Dose Counter	12+	£266.93	<2
DRY-POWDER INHALERS (DPI)		Symbicort Turbohaler (Budesonide & Formoterol) 100/6 2 puffs BD	Dose Counter	6+ Licensed for MART regime age 12+	£339.73	<2
METERED-DOSE INHALERS (MDI)		Combisal (Fluticasone & Salmeterol) 50/25mcg 2 puffs BD	ALWAYS Prescribe with Spacer No Dose Counter	4+	£163.80 Spacer should be replaced every 12 months	10-20

STEP 4: REFER TO SPECIALIST

Approved: January 2023

For review: January 2026