

**Area Prescribing Committee Formulary** 

## **ASTHMA IN CHILDREN – One page guideline**

To be used alongside the full guideline for more detail

Approved: January 2023

For review: January 2026

## **Children Under 5 Years**

SUSPECTED ASTHMA	PROBABLE ASTHMA		
Treat children under 5 based on symptoms and clinical judgement. If they still have symptoms when they reach 5 years then consider referring for objective testing.	Move up to improve control as needed		STEP 4
a down if stable	Review each intervention after 4-8 weeks	STEP 3	
Consider moving down if stable	STEP 2		
STEP 1  Consider 8 WEEK MONITORED TRIAL OF	If symptoms resolve during 8 week trial <u>and</u> then reoccur <b>within 4 weeks</b> of stopping ICS:		REVIEW MONTELUKAST BENEFIT - considering stopping if the child has not benefitted from it
TREATMENT with:	RESTART AND CONTINUE ICS PREVENTER	ADD LRTA	<u>and</u>
PREVENTER INHALER VIA SPACER Clenil (Belcometasone) 100mcg, 1 puff BD Flixotide Evohaler (Fluticasone) 50mcg, 1 puff BD	INHALER VIA SPACER Clenil (Belcometasone) 50mcg, 2 puff BD Flixotide Evohaler (Fluticasone) 50mcg, 1 puffBD	Montelukast (chewable tablet) 4mg OD	REFER for specialist care
<u>and</u>			
PRN RELIEVER VIA SPACER Salbutamol (Generic) 100mcg, 1-2 puffs 4hr PRN	If symptoms resolve during 8 week trial <u>and</u> then reoccur <b>beyond 4 weeks</b> of stopping ICS:		
If symptoms <u>do not</u> improve during the trial period, consider an alternative diagnosis	REPEAT 8 WEEK MONITORED TRIAL OF TREATMENT (Step 1)		

CONSIDER MOVING UP A STEP IF: USING ≥3 SALBUTAMOL DOSES/WEEK <u>or</u> HAVING ASTHMA SYMPTOMS ≥3 TIMES/WEEK <u>or</u> HAVING NIGHTTIME SYMPTOMS

## **Children Aged 5-12 Years**

SUSPECTED ASTHMA	PROBABLE ASTHMA			
a child is able to perform objective tests, arrange: Spirometry ± Reversibility testing ± FeNO ± PEF diary	Move up to improve o	Control as needed	STEP 4	
a child is unable to perform objective testing, treat ased on observation and clinical judgement.	Move up to my			
Consider moving down if stable Review	Move Move seach interventions after 4-8 weeks  STEP 2	STEP 3		
STEP 1  Consider 8 WEEK MONITORED TRIAL OF		REVIEW MONTELUKAST BENEFIT - considering stopping if the child has not benefitted from it	REFER for specialist care	
TREATMENT with:  PREVENTER INHALER VIA SPACER Clenil (Belcometasone) 100mcg, 1 puff BD Flixotide Evohaler (Fluticasone) 50mcg, 1 puff BD  and	<b>ADD LRTA</b> Age ≤5: Montelukast (chewable tablet) 4mg OD Age 6-14: Montelukast (chewable tablet) 5mg OD	and  SWAP PREVENTER INHALER – to low-dose ICS/LABA combination Combisal (via spacer) 50/25mcg, 2 puffs BD		
PRN RELIEVER VIA SPACER Salbutamol (Generic) 100mcg, 1-2 puffs 4hrly PRN				

CONSIDER MOVING UP A STEP IF: USING ≥3 SALBUTAMOL DOSES/WEEK <u>or</u> HAVING ASTHMA SYMPTOMS ≥3 TIMES/WEEK <u>or</u> HAVING NIGHTTIME SYMPTOMS

## **Children Aged 12+ Years**

SUSPECTED ASTHMA	PROBABLE ASTHMA		
If a child is able to perform objective tests, arrange:  • Spirometry  • ± Reversibility testing  • ± FeNO  • ± PEF diary  If a child is unable to perform objective testing, treat	a o weeks	Move up to improve control as needed	STEP 4
based on observation and clinical judgement.  Consider moving down steps if stable	Review each interventions after 4-8 weeks  STEP 2	STEP 3	
Consider MONITORED TRIAL OF TREATMENT with:  PREVENTER INHALER - Low dose inhaled corticosteroid (ICS) Clenil (via spacer) 100mcg, 1 puff BD Flixotide Evohaler (via spacer) 50mcg, 1 puff BD  and  PRN RELIEVER — Salbutamol Salbutamol Easyhaler 100mcg, 1-2 puffs 4hrly PRN Ventolin Accuhaler 200mcg, 1 puff 4hrly PRN Salbutamol (via spacer) 100mcg, 1-2 puffs 4hrly PRN 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.	<b>ADD LRTA</b> Age 12-14: Montelukast (chewable tablet) 5mg OD Age 15+: Montelukast 10mg OD	REVIEW MONTELUKAST BENEFIT - considering stopping if the child has not benefitted from it  and  SWAP PREVENTER INHALER — to low-dose ICS/LABA combination Duoresp Spiromax 160/4.5mcg, 1 puff BD Relvar Ellipta 99/22, 1 puff OD Symbicort Turbohaler 100/6, 2 puffs BD Combisal (via spacer) 50/25mcg, 2 puffs BD	REFER for specialist care

CONSIDER MOVING UP A STEP IF: USING  $\geq$ 3 SALBUTAMOL DOSES/WEEK <u>or</u> HAVING ASTHMA SYMPTOMS  $\geq$ 3 TIMES/WEEK <u>or</u> HAVING NIGHTTIME SYMPTOMS