

# BTS/SIGN Asthma Guidelines for treatment in patients 12 and older.

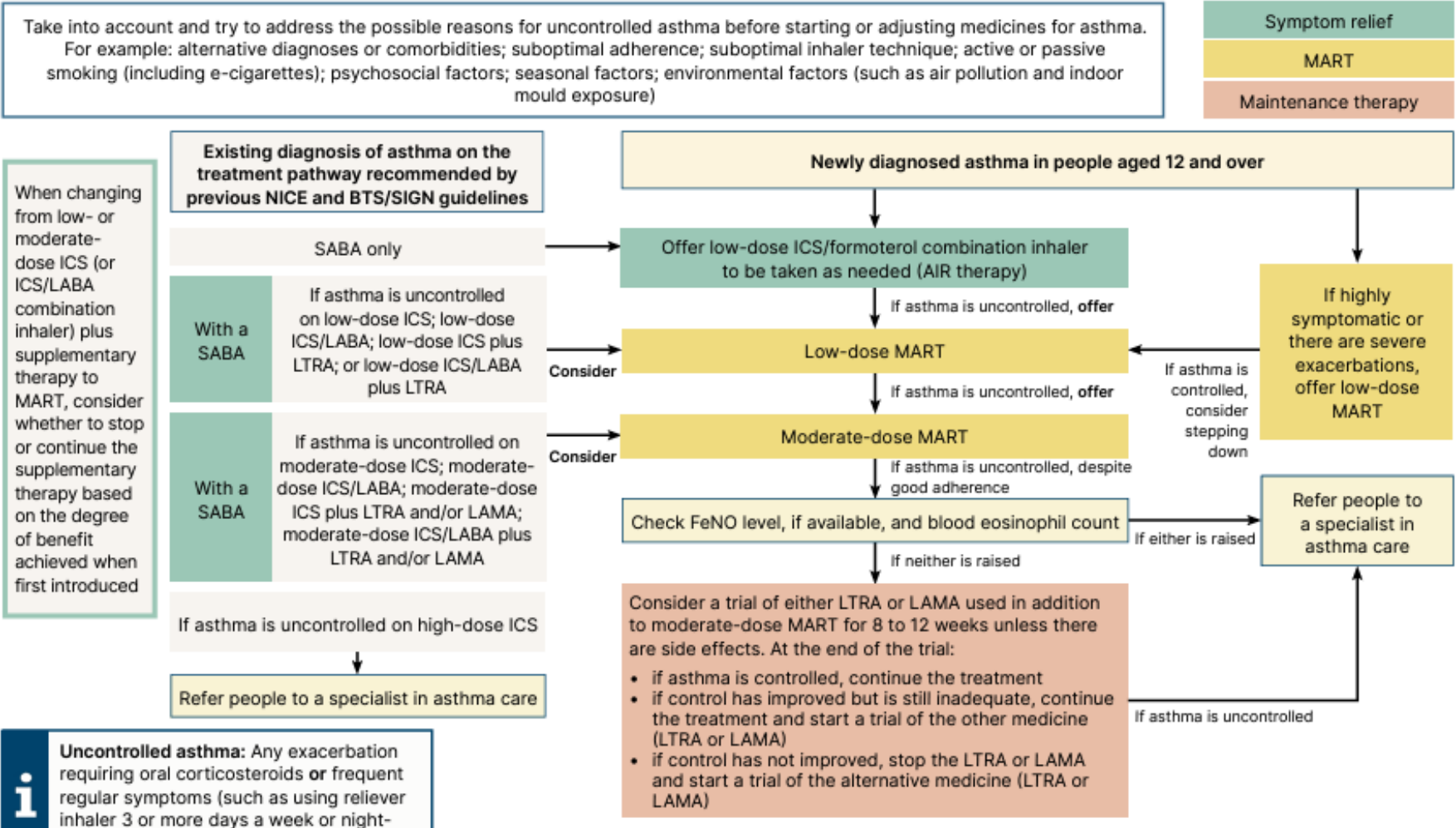
Helena Cummings

Senior Respiratory Nurse Specialist  
Severe Asthma Service Nurse Lead  
Independent Nurse Consultant/ACP Primary Care  
PCRS SDC Committee Chair  
Humber Respiratory Champions Lead



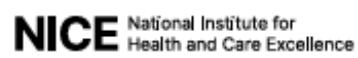
# Algorithm C: Pharmacological management of asthma in people aged 12 years and over

BTS, NICE and SIGN guideline on asthma



**i** **Uncontrolled asthma:** Any exacerbation requiring oral corticosteroids or frequent regular symptoms (such as using reliever inhaler 3 or more days a week or night-time waking 1 or more times a week)

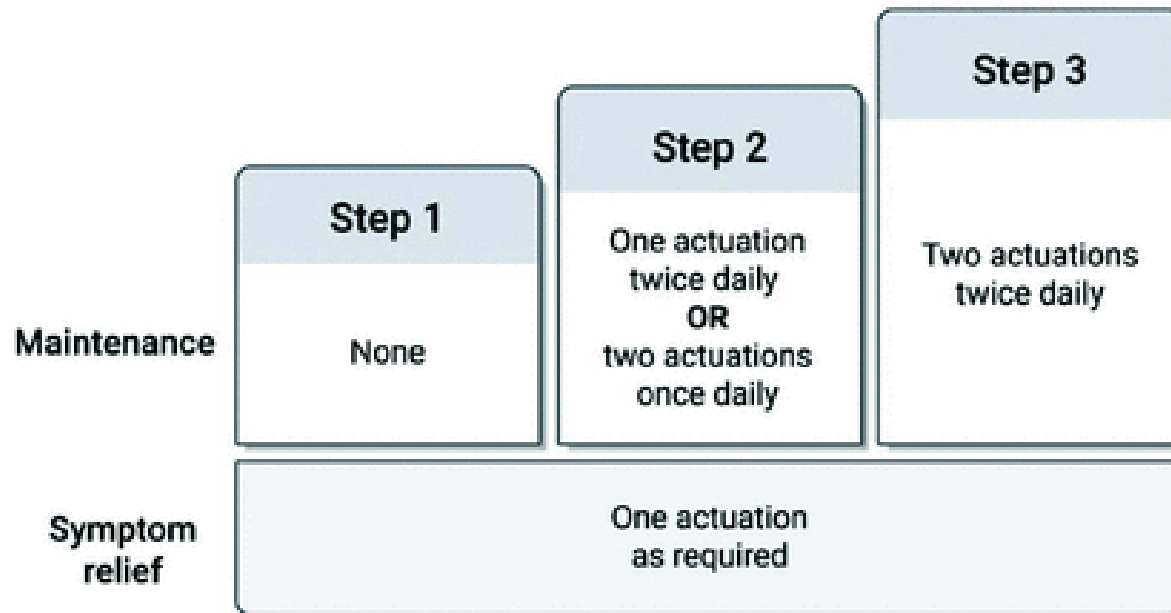
ICS, inhaled corticosteroid; LABA, long-acting beta<sub>2</sub> agonist; LAMA, long-acting muscarinic receptor antagonist; LTRA, leukotriene receptor antagonist; MART, maintenance and reliever therapy (using ICS/formoterol combination inhalers); SABA, short-acting beta<sub>2</sub> agonist.



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**STEP UP** to achieve control and reduce risk of exacerbations

**STEP DOWN** after a period of prolonged control to find and maintain lowest required step



**BEFORE STEPPING UP**

Review inhaler technique, use, and treatable traits.

**IF A SEVERE EXACERBATION OF ASTHMA OCCURS**

Review and consider stepping up.

**IF ASTHMA REMAINS UNCONTROLLED AT STEP 3**

Health professional to consider add-on treatment.

May require referral for specialist review.

A simple and effective evidence-based approach to asthma management



**Anti-inflammatory reliever (AIR) therapy**  
Treatment with a reliever inhaler that contains a combination of an inhaled corticosteroid and formoterol. When this is used in response to symptoms without regular maintenance therapy it is called as-needed AIR therapy.

In November 2024 the only product licensed for as-needed AIR therapy contained budesonide/formoterol.

Together we are stronger

