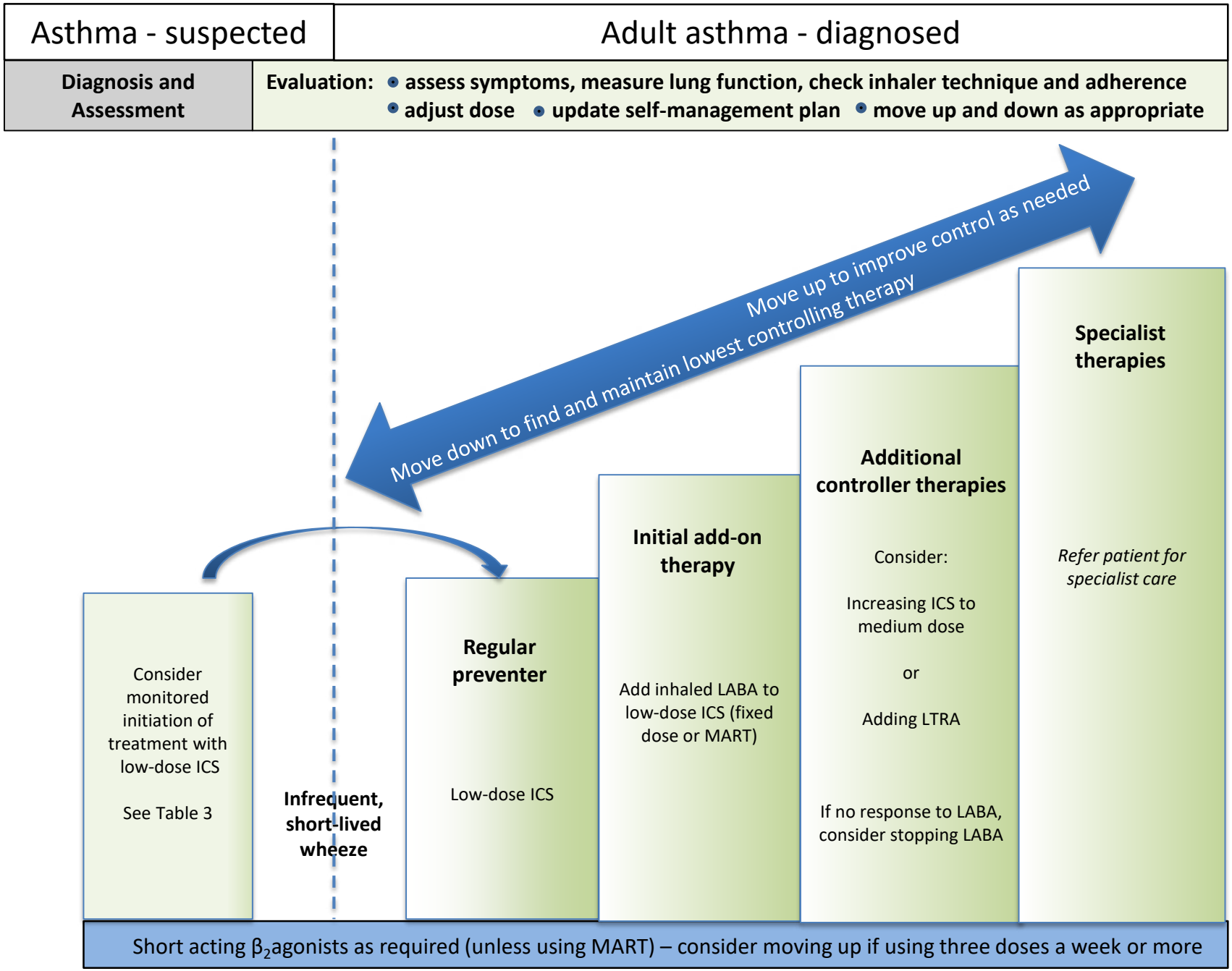
Asthma - suspected
Adult asthma - diagnosed
Diagnosis and Assessment
Evaluation: • assess symptoms, measure lung function, check inhaler technique and adherence • adjust dose • update self-management plan • move up and down as appropriate
Move up to improve control as needed
Move down to find and maintain lowest controlling therapy
Consider monitored initiation of treatment with low-dose ICS
See Table 3
Infrequent, short-lived wheeze
Regular preventer
Low-dose ICS
Initial add-on therapy
Add inhaled LABA to low-dose ICS (fixed dose or MART)
Additional controller therapies
Consider:
Increasing ICS to medium dose
or
Adding LTRA
If no response to LABA, consider stopping LABA
Specialist therapies
Refer patient for specialist care
Short acting β2agonists as required (unless using MART) – consider moving up if using three doses a week or more