### Asthma - suspected

| 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 |

#### Infrequent, short-lived wheeze
- Consider monitored initiation of treatment with low-dose ICS
  - See Table 3

#### 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
  - Adding LTRA
- If no response to LABA, consider stopping LABA

### Adult asthma - diagnosed

#### Initial add-on therapy
- Add inhaled LABA to low-dose ICS (fixed dose or MART)

#### Additional controller therapies
- Consider:
  - Increasing ICS to medium dose
  - Adding LTRA
- If no response to LABA, consider stopping LABA

#### Specialist therapies
- Refer patient for specialist care

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Short acting β₂-agonists as required (unless using MART) – consider moving up if using three doses a week or more