

Nottinghamshire Adult Asthma Treatment Summary

A guide to locally recommended options at each step of the adult BTS asthma guidelines. Other inhalers are available. See [Formulary](#).

Regular Preventer

LOW dose ICS



- Clenil Modulite® (CFC-free BDP) MDI 100 micrograms/ inhalation +/- spacer 2 puffs BD (£54/yr)

OR



- QVAR® Easibreathe (CFC-free BDP) MDI 50 micrograms/ inhalation 2 puffs BD (£57/yr)

OR



- Easyhaler® Beclometasone 200 micrograms/dose 1 dose BD (£54/yr)

Prescribe a SABA in addition to other therapies for all patients except those on MART regimens. A SABA ALONE should ONLY be prescribed for the limited number of patients with infrequent, mild symptoms (<twice/ month).

1st line = DPI. Easyhaler® Salbutamol 100microgram/dose (£3.31*). For patients in whom a DPI is appropriate. NB Device expires 6 months after the foil pouch is opened

2nd line = MDI +/- spacer. Salamol® 100microgram/dose Inhaler (£1.46*)

3rd line = CFC free breath actuated MDI.

Salamol Easi-Breathe® 100microgram/dose Inhaler (£6.30*)

Consider escalating therapy if using >3 doses/ week. Any patient using >6 inhalers/ year should be reviewed but do not refuse a supply.

(*Prices per inhaler)

MDI = Metered Dose Inhaler (aerosol)

DPI = Dry Powder Inhaler

Refer to Salbutamol entry in Notts APC

Formulary for further information.

Add-on Therapy

Green LOW dose ICS

ADD Montelukast tablets 10mg ON (£32/yr)- Review after 4 weeks. If not effective discontinue and switch to alternative treatment option (MART or regular LABA) as below.

OR Switch to Maintenance and Reliever Therapy (MART)- [Asthma Management Plan](#) vital.

Symbicort® 200/6 SMART® (£28/ device)

Fostair® 100/6 MART (£29/ device)

Fobumix Easyhaler® 160/4.5 MART (£21.20/ device)

1 dose BD +1 dose PRN (max of 6 doses per occasion and 12 in 24 hours)

1 puff BD + 1 puff PRN (max of 8 puffs in 24 hours)

1 dose BD + 1 dose PRN, (max of 6 doses per occasion, and 8- 12 in 24 hours)



OR ADD a regular LABA (always as a combination product with an ICS):

- Fostair® 100/6 MDI +/- spacer or NEXThaler 1 puff BD (£178/yr)

OR

- Fobumix® 160/4.5 1 puff BD (£131/yr)

OR

- Symbicort® 200/6 turbohaler 1 dose BD (£170/yr)

If LABA provides benefit but control still inadequate, INCREASE dose:

- Increase MART to 2 doses BD + 1 dose PRN

OR

- Fostair® 100/6 MDI +/- spacer or NEXThaler 2 puffs BD (£356/yr)

OR

- Fobumix® 160/4.5, 2 doses BD (£262/yr)

OR:

- Symbicort® 200/6 turbohaler 2 doses BD (£340/yr) **Green MEDIUM dose ICS**

Prescribe inhalers by brand to avoid variability in the device that the patient receives as this may have negative effects on patient adherence and asthma control.

Additional Add-on Therapy

On Specialist advice on!



Spiriva® Respimat (Tiotropium) 2.5 microgram per inhalation, 2 puffs OD (£276/yr)
OR

HIGH dose ICS

- Fostair® 200/6 MDI +/- spacer or NEXThaler 2 puffs BD (£356/yr)

OR

- Symbicort® 400/12 turbohaler 2 doses BD (£680/yr)

OR

- Fobumix® 320/9, 2 doses BD (£523/yr)

OR

- Relvar Ellipta® 184/22 1 dose OD (£359/yr)*

*Step down strength of 92/22 once asthma control achieved ≥6 months.



Specialist Therapies



Patient may be considered for other therapies such as monoclonal antibody treatments.

Any patient needing > 2 courses of oral corticosteroids/ year should be referred.

KEY: ICS: Inhaled Corticosteroid, **SABA:** short acting beta₂ agonist, **LABA:** long acting beta agonist, **MDI:** metered dose inhaler, **DPI:** dry powder inhaler. **BDP:** Beclometasone dipropionate. Costs from Drug tariff or eBNF, Nov 2020 Last Updated April 2022, Review: Feb 2024 Page 1 of 3

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Based on [BTS/ SIGN guidelines 2019](#) and [NICE NG80: Asthma: diagnosis, monitoring and chronic asthma management](#)

Guidance notes

1. **All patients should have a written self-management plan- [see APC website](#)**
2. **Adherence and inhaler technique must be checked before any step up in medication.** Patients should be prescribed a device that they can and want to use. Consider patient variable factors alongside their ability to use. Advise patient to visit [Right Breathe website](#) for videos on how to use device. Most patients should be on a single type of device wherever possible. Metered dose inhalers should be used with a spacer device wherever possible. Recommended spacer device for inhaler type:
 QVAR[®], Kelhale[®], Flutiform[®] and Fostair[®] MDIs = AeroChamber Plus[®] (£5.06/each)
 Clenil Modulite[®], Flixotide[®] and Seretide[®] MDIs = Volumatic[®] (£3.88/each)
3. Consider carbon footprint –note that DPIs and SMIs have a much lower carbon footprint than MDIs. Use a low carbon option where medication choices/ inhaler devices are equally appropriate. However, ensuring that the patient is able to use the device effectively must always be the priority- see point 2 above. For further information regarding environmental impact of respiratory disease management see [PCRS Position Statement](#).
4. Assessment of control can be achieved through asking 3 simple questions:
 In the last week (or month):
 - a. Have you had difficulty sleeping because of your asthma symptoms (including cough)?
 - b. Have you had your usual asthma symptoms during the day (cough, wheeze, chest tightness or breathlessness)?
 - c. Has your asthma interfered with your usual activities (e.g. housework, work/school etc)?
 Undertake an asthma review if using SABA 3 times a week or more, symptomatic 3 times a week or more, waking due to symptoms one night a week or more or patient has had an exacerbation in the last 2 years.
5. Stepping down: A step down in medication (especially from high dose inhaled steroids – decrease steroid dose by 25-50% and monitor) should be implemented after at least 3 months of good control.

Table of Inhaled Corticosteroid Potencies (from BTS guidance)

ICS	Dose		
	Low dose	Medium dose	High dose
Beclometasone dipropionate			
Clenil Modulite pMDI	100 micrograms two puffs twice a day	200 micrograms two puffs twice a day	250 micrograms two puffs twice a day 250 micrograms four puffs twice a day
Kelhale pMDI (extrafine)	50 micrograms two puffs twice a day	100 micrograms two puffs twice a day	100 micrograms four puffs twice a day
Qvar pMDI (extrafine) Qvar Easi-Breathe (extrafine)	50 micrograms two puffs twice a day	100 micrograms two puffs twice a day	100 micrograms four puffs twice a day
Beclometasone Easyhaler	200 micrograms one puff twice a day	200 micrograms two puffs twice a day	n/a
Fostair (pMDI) (extrafine) (beclometasone & formoterol)	100/6 one puff twice a day	100/6 two puffs twice a day	200/6 two puffs twice a day
Fostair (NEXThaler) (extrafine) (beclometasone & formoterol)	100/6 one puff twice a day	100/6 two puffs twice a day	200/6 two puffs twice a day
Budesonide			
Pulmicort Turbohaler	100 micrograms two puffs twice a day 200 micrograms one puff twice a day	200 micrograms two puffs twice a day 400 micrograms one puff twice a day	400 micrograms two puffs twice a day
DuoResp Spiromax (Budesonide and formoterol)	160/4.5 one puff twice a day	160/4.5 two puffs twice a day 320/9 one puff twice a day	320/9 two puffs twice a day
Symbicort Turbohaler (Budesonide and formoterol)	100/6 two puffs twice a day 200/6 one puff twice a day	200/6 two puffs twice a day 400/12 one puff twice a day	400/12 two puffs twice a day
Fobumix Easyhaler (Budesonide and formoterol)	80/4.5 two puffs twice a day 160/4.5 one puff twice a day	160/4.5 two puffs twice a day 320/9 one puff twice a day	320/9 two puffs twice a day
Fluticasone propionate			
Flixotide Evohaler	50 micrograms two puffs twice a day	125 micrograms two puffs twice a day	250 micrograms two puffs twice a day
Flixotide Accuhaler	100 micrograms one puff twice a day	250 micrograms one puff twice a day	500 micrograms one puff twice a day
Flutiform MDI (Fluticasone propionate and formoterol)	50/5 two puffs twice a day	125/5 two puffs twice a day	250/10 two puffs twice a day
Aerivio Spiromax (Fluticasone propionate and salmeterol)	n/a	n/a	500/50 one puff twice a day
AirFluSal Forspiro (Fluticasone propionate and salmeterol)	n/a	n/a	500/50 one puff twice a day
Fluticasone/ salmeterol pMDI (AirFluSal, Aloflute, Combisal, Sereflo, Seretide Evohaler, Sirdupla etc)	50/25 two puffs twice a day	125/25 two puffs twice a day	250/25 two puffs twice a day
Fusacomb Easyhaler (Fluticasone propionate and salmeterol)	n/a	250/50 one puff twice a day	500/50 one puff twice a day
Seretide Accuhaler (Fluticasone propionate and salmeterol)	100/50 one puff twice a day	250/50 one puff twice a day	500/50 one puff twice a day
Fluticasone furoate			
Relvar Ellipta (Fluticasone furoate and vilanterol)	n/a	92/22 one puff once a day	184/22 one puff once a day