

Treatment Guidelines For Patients With Asthma

WHAT IS THE STAGE OF ASTHMA?

WHAT MEDICATIONS ARE NEEDED?

Stage	Severity Criteria			Daily Medication		
	Daytime symptoms	Nighttime symptoms	FEV ₁ % predicted	Inhaled corticosteroid	Long-acting β_2 agonist	Leukotriene modifier
Mild intermittent	≤ 2x / wk	≤ 2x / month	≥ 80%	No controller medication needed		
Mild persistent	3-6x / wk	3-4x / month	≥ 80%	Low dose alone	N/A	Daily tablet alone as alternative
Moderate persistent	Daily	≥ 5x / month	60-80%	Medium dose alone (< 5 years) or low dose with other medications (all ages)	Low or medium dose with inhaled corticosteroid	Daily tablet (as alternative) with inhaled corticosteroid
Severe persistent	Constant	Frequent	≤ 60%	Medium or high dose with other medications	Medium or high dose with inhaled corticosteroid	≥ 5 years old: Daily tablet with inhaled corticosteroid

Rule of Two—USE CONTROLLER MEDICATION IF:

- Daytime symptoms > 2x / week OR
- Nighttime symptoms > 2x / month OR
- Exacerbations > 2x / year

Source: Baylor Health Care System

SEE REVERSE SIDE FOR A LIST OF CONTROLLER MEDICATIONS AND DOSES

Source: 2007 NIH Asthma Guidelines: <http://www.nhlbi.nih.gov/health/prof/lung/asthma/practgde/practgde.pdf>

HPSM Formulary – Controller Medications

Brand name (Generic name)	Dosage Form	Low Dose	Medium Dose	High Dose	Program	CA
INHALED CORTICOSTEROIDS						
QVAR (beclomethasone HFA) <i>(Preferred drug)</i>	40 mcg 80 mcg	1-2 puffs BID 1 puff BID	2-4 puffs BID 2 puffs BID	≥ 3 puffs BID	MC, HK, HF, HW <input checked="" type="checkbox"/> Step 1	<input checked="" type="checkbox"/>
Advair Diskus (fluticasone/ salmeterol) (inhaled corticosteroid with long-acting β_2 agonist)	100 mcg/50 mcg 250 mcg/50 mcg 500 mcg/50 mcg	1 puff BID	1 puff BID	1 puff BID	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Pulmicort Respules (budesonide suspension) Code 1: < 8 yrs of age	.25 mg/2 cc or .50 mg/2 cc (>12 months only)	.25 QD to BID	.5 mg QD - BID	.5 mg BID	<input checked="" type="checkbox"/> Code 1	NF
Symbicort (budesonide/ formoterol)	80 mcg/4.5 mcg 160 mcg/ 4.5 mcg	2 puffs BID	2 puffs BID	2 puffs BID (Max 640 mcg/18 mcg)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Aerobid, Aerobid-M (flunisolide)	250 mcg	1 puff BID	2 puffs BID	≥ 3 puffs BID	<input checked="" type="checkbox"/> Step 2	<input checked="" type="checkbox"/>
Asmanex Twisthaler (mometasone furoate) (>12 years of age)	220 mcg	1 puff QD	1 puff BID or 2 puffs at night	2 puffs BID	<input checked="" type="checkbox"/> Step 2	<input checked="" type="checkbox"/>
Flovent HFA (fluticasone propionate)	44mcg (for ages 4-11) 110 mcg 220 mcg	2 puffs BID	2 puffs BID	2 puffs BID 4 puffs BID 4 puffs BID	<input checked="" type="checkbox"/> Step 2	<input checked="" type="checkbox"/>
LEUKOTRIENE MODIFIERS						
Singulair (montelukast) Code 1: 2-18 yrs of age	4 mg or 5 mg chewable tab 10 mg tab	2-5 yrs: One 4 mg chewable tab once daily 6-14 yrs: One 5 mg chewable tab once daily >14 yrs: One 10 mg tab once daily			<input checked="" type="checkbox"/> Code 1	<input checked="" type="checkbox"/> Step 2
Accolate (zafirlukast)	10 mg/20 mg tab	6-12 yrs: One 10 mg mini-tablet BID			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> Step 2
OTHER CONTROLLERS						
Theophylline	Liquids; Sustained release tablets and capsules	Start at 10 mg/kg/day with adult maximum dose of 300 mg/day; do not exceed 800 mg/day. Titrate to attain serum concentrations of 5-15 mcg/ml. (This is an alternative, but not preferred.)			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

- MC: Medi-Cal, HK: Healthy Kids, HF: Healthy Families, CA: CareAdvantage, NF: Non-Formulary
- Step 2: Step 1 must be tried first or prior authorization is needed to go directly to Step 2
- Code 1: Med can be used without prior authorization if specific conditions (e.g. age, comorbidities) are met