

TREATMENT OVERVIEW OF ASTHMA

FLAME LECTURE: 27

MEHAN / HICKEY 8.11.19

LEARNING OBJECTIVES

- ▶ To understand the stepwise approach for the treatment of Asthma
- ▶ To be able to understand and explain to patients the treatment approach for asthma and what to expect
- ▶ Prerequisites: None
- ▶ This lecture will focus on pharmacologic treatment. See also – for closely related topics
 - ▶ FLAME lectures on Asthma pathophysiology, Diagnosis, Management of exacerbations, SABAs, LABAs, Anticholinergics, Leukotriene inhibitors, Cromolyn Sodium, Asthma Maintenance

4 KEY COMPONENTS FOR ASTHMA TREATMENT

- ▶ Routine monitoring of lung function
- ▶ Patient and family education
 - ▶ Formulating an *Asthma Action Plan*
- ▶ Identifying and minimizing environmental factors/triggers
- ▶ Pharmacological management

APPROACH TO PHARMOCOTHERAPY

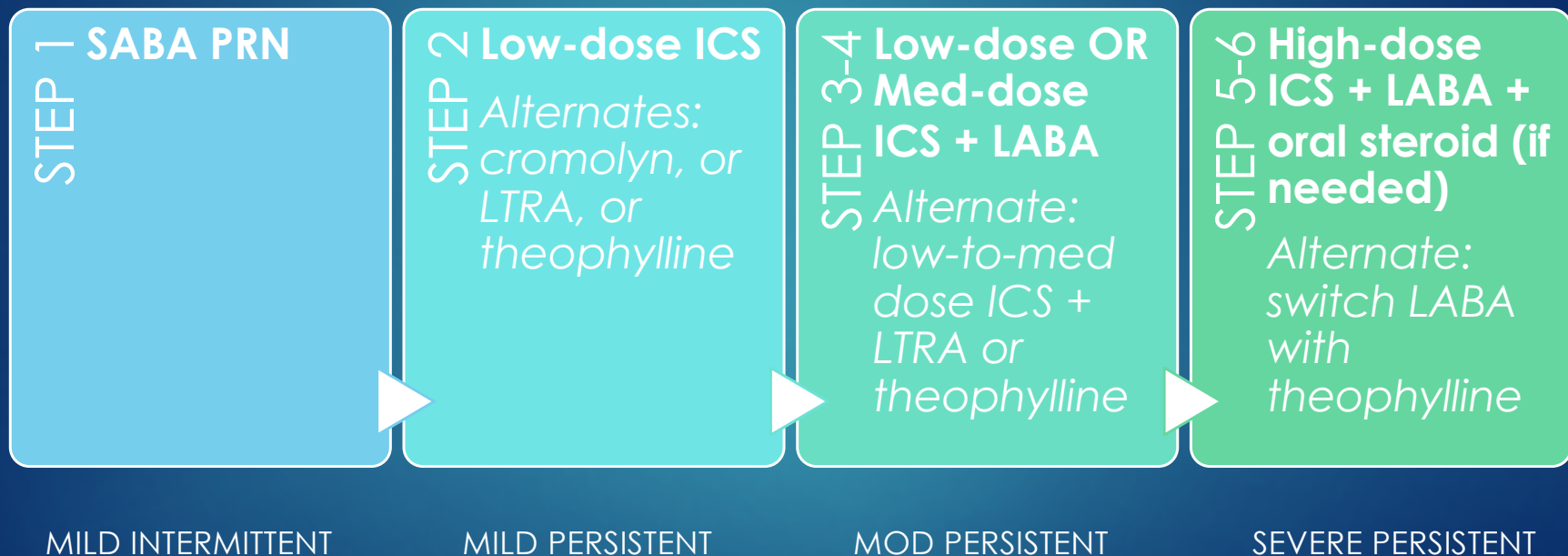
- ▶ First step in asthma management is to classify the severity of asthma and assess the control of asthma by obtaining a detailed history
- ▶ The stepwise approach consists of increasing/decreasing dosages and adding/subtracting medications as indicated based on severity/control of asthma
 - ▶ Patients with intermittent asthma will start with SABA as needed
 - ▶ If persistent asthma, patients will need to start on a scheduled controller inhaler with low-dose inhaled corticosteroid and proceed with stepwise approach for medication titration based on control of asthma
 - ▶ Reassess patients every 2-4 weeks when adjusting regimen

SEVERITY CLASSIFICATION

| Classification | Symptom Frequency | Night time Awakening | Interference with normal activity | FEV ₁ or PEFR (Predicted % of personal best) |
|----------------------------|--------------------|----------------------|-----------------------------------|---|
| Mild Intermittent | 0-2 days/week | 0-2 times/month | None | > 80% |
| Mild Persistent | 3-6 days/week | 3-4 times/month | Minor limitation | > 80% |
| Moderate Persistent | Daily | 2-3 times/week | Some limitation | 60-80% |
| Severe Persistent | Throughout the day | >3 times/week | Extreme limitation | <60% |

Severity and control of asthma should also be assessed in terms of symptom exacerbation and pulmonary impairment: prior hospitalization? ICU admissions? Intubations? ED visits? Past oral corticosteroid requirements?

OVERVIEW OF MAINTENANCE MGMT



REFERENCES

1. An Overview of Asthma Management (www.uptodate.com)
2. Treatment of intermittent and mild persistent asthma in adolescents and adults (www.uptodate.com)