

AGES 5-11 YEARS: STEPWISE APPROACH FOR MANAGEMENT OF ASTHMA

	Intermittent Asthma	Management of Persistent Asthma in Individuals Ages 5-11 Years				
Treatment	STEP 1	STEP 2	STEP 3	STEP 4	STEP 5	STEP 6
Preferred	PRN SABA	Daily low-dose ICS and PRN SABA	Daily and PRN combination low-dose ICS-formoterol [▲]	Daily and PRN combination medium-dose ICS-formoterol [▲]	Daily high-dose ICS-LABA and PRN SABA	Daily high-dose ICS-LABA + oral systemic corticosteroid and PRN SABA
Alternative		Daily LTRA,* or Cromolyn,* or Nedocromil,* or Theophylline,* and PRN SABA	Daily medium-dose ICS and PRN SABA or Daily low-dose ICS-LABA, or daily low-dose ICS + LTRA,* or daily low-dose ICS + Theophylline,* and PRN SABA	Daily medium-dose ICS-LABA and PRN SABA or Daily medium-dose ICS + LTRA* or daily medium-dose ICS + Theophylline,* and PRN SABA	Daily high-dose ICS + LTRA* or daily high-dose ICS + Theophylline,* and PRN SABA	Daily high-dose ICS + LTRA* + oral systemic corticosteroid or daily high-dose ICS + Theophylline* + oral systemic corticosteroid, and PRN SABA
		Steps 2-4: Conditionally recommend the use of subcutaneous immunotherapy as an adjunct treatment to standard pharmacotherapy in individuals ≥ 5 years of age whose asthma is controlled at the initiation, build up, and maintenance phases of immunotherapy [▲]			Consider Omalizumab ^{††} ▲	

Assess Control

- First check adherence, inhaler technique, environmental factors,[▲] and comorbid conditions.
- **Step up** if needed; reassess in 2-6 weeks
- **Step down** if possible (if asthma is well controlled for at least 3 consecutive months)

Consult with asthma specialist if Step 4 or higher is required. Consider consultation at Step 3.

Control assessment is a key element of asthma care. This involves both impairment and risk. Use of objective measures, self-reported control, and health care utilization are complementary and should be employed on an ongoing basis, depending on the individual's clinical situation.

Abbreviations: ICS, inhaled corticosteroid; LABA, long-acting beta₂-agonist; LTRA, leukotriene receptor antagonist;

SABA, inhaled short-acting beta₂-agonist

▲ Updated based on the 2020 guidelines.

* Cromolyn, Nedocromil, LTRAs including montelukast, and Theophylline were not considered in this update and/or have limited availability for use in the United States, and/or have an increased risk of adverse consequences and need for monitoring that make their use less desirable. The FDA issued a Boxed Warning for montelukast in March 2020.

†† Omalizumab is the only asthma biologic currently FDA-approved for this age range.

Asthma Guidelines

**Donna O. Farley, Shan Cretin, Georges
Vernez, Suzanne Pieklik, Elaine Quiter**

Asthma Guidelines:

Clinical Asthma Jonathan A. Bernstein, Mark L. Levy, 2014-02-06 Enormous progress in asthma research has been made in the past 50 years including a greater understanding of its complex pathogenesis and new and more effective therapies. Consequently the scientific literature has grown vast and can be difficult to integrate. With contributions from a distinguished panel of world renowned authors Clinical Asthma Theory and Practice presents a comprehensive study of both the common and the more challenging problems faced by all health care personnel who treat patients with asthma. The book is divided into seven sections starting with the basics of asthma and ending with a discussion on the approach to asthma worldwide and in the primary care setting. Reflecting a strong clinical emphasis each chapter begins with a patient case study supported by essential background information on the basic science and clinical decision making process. This is followed by a discussion of clinical evaluation and management. The multidisciplinary coverage explores a range of topics including genetics, inflammation, immunology and the identification of different endotypes. Using a bench to bedside approach the book links basic science to the clinical management of asthma and explores options for improvement. The carefully selected authorship from experts worldwide presents a truly global outlook. ABC of Asthma John Rees, Dipak Kanabar, Shriti

Pattani, 2013-05-09 Asthma is a common condition with increasing prevalence. This new edition of the highly regarded ABC of Asthma has been thoroughly revised with reference to the latest British Thoracic Society guidelines on the management of asthma in children and adults. It covers the advances in practice and methods with a new emphasis on delivery systems, self dose assessment and delivery of care with different pharmacological approaches. The ABC of Asthma is a concise up to date overview of all aspects of asthma and includes two new chapters focussing on GP practice issues including clinical management and organisation of asthma care. It is ideal for GPs, junior doctors and medical students, nurses and anyone dealing with the treatment of asthma in children and adults. **Implementation of the Asthma Practice Guideline in**

the Army Medical Department Donna O. Farley, Shan Cretin, Georges Vernez, Suzanne Pieklik, Elaine Quiter, 2005-12-01 In partnership with the Army Medical Department RAND worked to implement clinical practice guidelines. This report evaluates the asthma guideline demonstration. It documents the actions, assesses effects and measures the quality and limitations of data for monitoring outcomes. The authors found that the implementation scored successes but resource limitations and organizational barriers curbed progress. They conclude that flexibility, monitoring and training are the keys to implementing the guidelines. They also found that patient education needed improvement. **Physical Activity and Health Guidelines**

Riva Rahl, 2010-06-02 Sifting through the numerous guidelines on physical activity and health published by government agencies, professional organizations and associations can be a daunting task. Information exists in all types of formats and locations including government documents, press releases and Web sites so simply finding those guidelines can be an ordeal. Physical Activity and Health Guidelines puts the current information in one place at your fingertips. Physical Activity and

Health Guidelines compiles the latest recommendations from various leading sources and organizations into a single text. This one of kind resource provides quick reference to physical activity and health recommendations for healthy people and for those with chronic conditions across all age groups. All readers physicians physical therapists fitness professionals and general fitness enthusiasts will be able to locate individualized recommendations regarding appropriate levels and types of physical activity. Specific activity recommendations for people with diabetes asthma osteoarthritis and cerebral palsy are detailed in this text. Other guidelines for the prevention of common chronic diseases such as cancer coronary artery disease osteoporosis and metabolic syndrome are also shared. This text also includes the following information: The components of exercise program design which will assist readers in preparing to implement individual and group exercise programs; How physical activity recommendations can help people meet weight management guidelines; Information on purchasing and using exercise equipment such as treadmills heart rate monitors weight training machines and exercise videos; Guidelines for cardiac testing and other exercise testing to assist in the implementation and evaluation of physical activity programs as well as the assessment of the safety of these programs for people with chronic conditions. For ease of use Physical Activity and Health Guidelines presents information in a consistent format for each entry including the date issued or most recently updated the issuing organization appropriate population and location of the guidelines with Web sites when available. Recommendations are given for aerobic resistance and flexibility training further specifications regarding the frequency intensity duration and type of activity are included. An appendix lists additional resources divided by topic and includes Web addresses of key organizations statements and other physical activity and health related tools. Physical Activity and Health Guidelines is the first text to gather the wealth of information regarding physical activity exercise and health needs and recommendations into a single source. Convenient and easy to use this unique text will help readers understand the requirements for safe and effective physical activity for all people regardless of health conditions and it offers the basic knowledge and tools for designing and implementing appropriate physical activity programs.

Asthma in Children and Adults - What are The Differences and What Can They Tell us About Asthma? Steve Turner, John W. Upham, 2020-05-15

Current Review of Asthma Michael A. Kaliner, 2013-11-11 Current Review of Asthma comprises up to date information related to the field of asthma diagnosis and treatment. The book has broad appeal because it features in depth concise discussions on concomitant diseases and treatment choices. Examples of some of these chapters include epidemiology pathology airway remodeling and pathophysiology. The 37 contributors are well known scientists and clinicians from the US and UK. Each chapter establishes an overview of the topic followed by a detailed analysis of the information at hand which is supplemented by charts tables and graphs. In addition editor Dr Michael A Kaliner contributes his own chapter entitled The Pathogenesis of Bronchial Asthma written from 30 years of experience treating patients with asthma. This book is an invaluable resource to both the primary care physician and the asthma specialist.

Heterogeneity in Asthma Allan R.

Brasier,2014-07-08 Asthma is a chronic relapsing airways disease that represents a major public health problem worldwide Intermittent exacerbations are provoked by airway mucosal exposure to pro inflammatory stimuli with RNA viral infections or inhaled allergens representing the two most common precipitants In this setting inducible signaling pathways the airway mucosa play a central role in the initiation of airway inflammation through production of antimicrobial peptides defensins cytokines chemokines and arachidonic acid metabolites that coordinate the complex processes of vascular permeability cellular recruitment mucous hyper secretion bronchial constriction and tissue remodeling These signals also are responsible for leukocytic infiltration into the submucosa T helper lymphocyte skewing and allergic sensitization Currently it is well appreciated that asthma is a heterogeneous in terms of onset exacerbants severity and treatment response Current asthma classification methods are largely descriptive and focus on a single aspect or dimension of the disease An active area of investigation on how to collect use and visualize multidimensional profiling in asthma This book will overview multidimensional profiling strategies and visualization approaches for phenotyping asthma As an outcome this work will facilitate the understanding of disease etiology prognosis and or therapeutic intervention Expert Panel report 2 : guidelines for the diagnosis and management of asthma. National Asthma Education and Prevention Program (National Heart, Lung, and Blood Institute). Second Expert Panel on the Management of Asthma,1998 **Respiratory Disease and its Management** A. McLuckie,2009-07-28 Medical training for Intensive Care Medicine ICM has made great developments over the years Recent advances have led to the introduction of competency based training with a strong focus on the development of specific competencies at basic intermediate and advanced stages of learning This ensures trainees hold the appropriate skills and knowledge to undertake safe clinical practice and thus provide good patient care One of the key topics covered in ICM training is respiratory disease and its management Based on this it would therefore seem appropriate to introduce a text that addresses each of the key areas *Nurse Practitioner Certification Examination and Practice Preparation* Margaret A Fitzgerald,2017-03-14 Start preparing for your future today The new edition of this award winning text written by renowned NP educator and certification preparation expert Dr Margaret Fitzgerald A must read for anyone taking the NP certification exam Develop critical thinking and test taking skills for the exam and the firm knowledge base needed for both the exam and practice The 5th edition delivers the latest guidelines recommendations diagnostic and treatment protocols and procedures everything critical to passing the NP boards

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