

# Asthma Control and Treatment

Reference  
Link

## Control Classification

Asthma Control Assessment*		
Symptoms/Activity 0–5 years	YES	NO
<ul style="list-style-type: none"> <li>Has <b>daytime asthma symptoms</b> for more than a few minutes and more than once per week?</li> <li>Any <b>night waking</b> or <b>night coughing</b> due to asthma?</li> <li><b>Relief medication needed</b> more than once per week?</li> <li>Any <b>activity limitation due to asthma?</b> (Runs or plays less than other children? Tires easily during walks and play?)</li> </ul>	<input type="checkbox"/>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Symptoms/Activity 6 yrs–Adult	YES	NO
<ul style="list-style-type: none"> <li>Has <b>daytime asthma symptoms</b> more than twice per week?</li> <li>Any <b>night waking</b> due to asthma?</li> <li><b>Relief medication needed</b> more than twice per week, except during exercise?</li> <li>Any <b>activity limitation due to asthma?</b></li> </ul>	<input type="checkbox"/>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Level of control (# of yes boxes)		
0 Well controlled	1–2 Partly controlled	3–4 Uncontrolled

\*GINA *Global Strategy for Asthma Management and Prevention*

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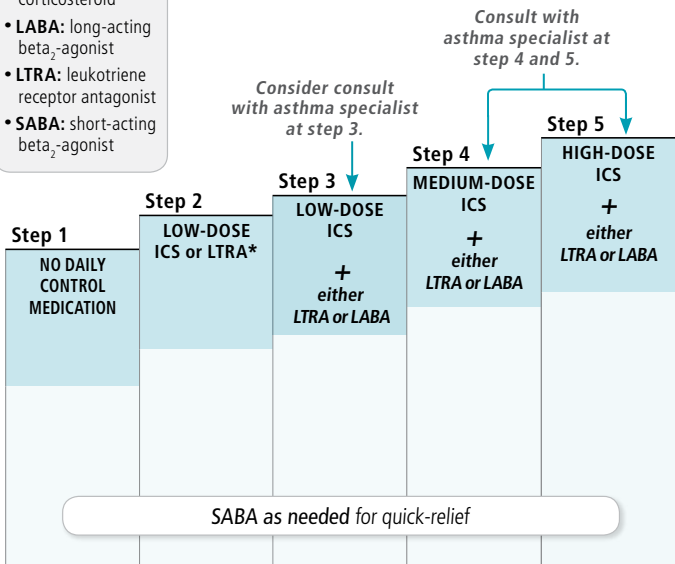
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## Abbreviations:

- **ICS:** inhaled corticosteroid
- **LABA:** long-acting beta<sub>2</sub>-agonist
- **LTRA:** leukotriene receptor antagonist
- **SABA:** short-acting beta<sub>2</sub>-agonist

## Treatment Summary

### Patients age 0 – ADULT



\*If patient still has partially controlled symptoms after trying one of these options, try the other or move to step 3, depending on severity of symptoms.

- **Before stepping up therapy, check ICE:** Inhaler or nebulizer technique; Compliance; Environmental history and trigger management.
- **Before moving to a higher level of inhaled steroid, attempt adjuvant treatment with a LABA or LRTA.**