

STEPWISE APPROACH FOR MANAGING ASTHMA IN CHILDREN 0-4 YEARS OF AGE

Intermittent Asthma

Persistent Asthma: Daily Medication
Consult with asthma specialist if step 3 care or higher is required.
Consider consultation at step 2.

Step 1

Preferred:
SABA PRN

Step 2

Preferred:
Low-dose ICS
Alternative:
Cromolyn or Montelukast

Step 3

Preferred:
Medium-dose ICS

Step 4

Preferred:
Medium-dose ICS + either LABA or Montelukast

Step 5

Preferred:
High-dose ICS + either LABA or Montelukast

Step 6

Preferred:
High-dose ICS + either LABA or Montelukast

Oral systemic corticosteroids

Step up if needed

(first, check adherence, inhaler technique, and environmental control)

Assess control

Step down if possible
(and asthma is well controlled at least 3 months)

Patient Education and Environmental Control at Each Step

Quick-Relief Medication for All Patients

- SABA as needed for symptoms. Intensity of treatment depends on severity of symptoms.
- With viral respiratory infection: SABA q 4-6 hours up to 24 hours (longer with physician consult). Consider short course of oral systemic corticosteroids if exacerbation is severe or patient has history of previous severe exacerbations.
- Caution: Frequent use of SABA may indicate the need to step up treatment. See text for recommendations on initiating daily long-term-control therapy.

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