

## 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 <sup>▲</sup>	Daily and PRN combination medium-dose ICS-formoterol <sup>▲</sup>	Daily high-dose ICS-LABA and PRN SABA	Daily high-dose ICS-LABA + oral systemic corticosteroid and PRN SABA
Alternative		Daily LTRA, <sup>*</sup> or Cromolyn, <sup>*</sup> or Nedocromil, <sup>*</sup> or Theophylline, <sup>*</sup> and PRN SABA	Daily medium-dose ICS and PRN SABA or Daily low-dose ICS-LABA, or daily low-dose ICS + LTRA, <sup>*</sup> or daily low-dose ICS + Theophylline, <sup>*</sup> and PRN SABA	Daily medium-dose ICS-LABA and PRN SABA or Daily medium-dose ICS + LTRA, <sup>*</sup> or daily medium-dose ICS + Theophylline, <sup>*</sup> and PRN SABA	Daily high-dose ICS + LTRA, <sup>*</sup> or daily high-dose ICS + Theophylline, <sup>*</sup> and PRN SABA	Daily high-dose ICS + LTRA, <sup>*</sup> + oral systemic corticosteroid or daily high-dose ICS + Theophylline, <sup>*</sup> + 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 <sup>▲</sup>			Consider Omalizumab <sup>**▲</sup>	

### Assess Control

- First check adherence, inhaler technique, environmental factors, <sup>▲</sup> 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 beta<sub>2</sub>-agonist; LTRA, leukotriene receptor antagonist;

SABA, inhaled short-acting beta<sub>2</sub>-agonist

<sup>▲</sup> Updated based on the 2020 guidelines.

<sup>\*</sup> 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.

<sup>\*\*</sup> Omalizumab is the only asthma biologic currently FDA-approved for this age range.

# Asthma Guidelines

**Shasha Hu**



## **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.

**Asthma Management** Health and Administration Development Group (Aspen Publishers), 1999 *Asthma Management: Clinical Pathways Guidelines and Patient Education* is a comprehensive disease management program designed to assist clinicians in diagnosing and effectively controlling asthma. It provides detailed guidelines on all aspects of managing asthma from the initial diagnosis in the clinical examination to the treatment strategy which may include drug therapy and lifestyle modification. This essential resource also includes easy to read patient education handouts which teach and encourage patients to comply with interventions while becoming active participants in managing their chronic condition.

**Pediatric Allergy: Principles and Practice E-Book** Donald Y. M. Leung, Hugh Sampson, Raif Geha, Stanley J. Szefler, 2010-10-13 *Pediatric Allergy* supplies the comprehensive guidance you need to diagnose, manage and treat virtually any type of allergy seen in children. Drs. Leung, Sampson, Geha and Szefler present the new full color second edition with coverage of the diagnosis and management of anaphylaxis, the immune mechanisms underlying allergic disease, the latest diagnostic tests and more. Treat the full range of pediatric allergic and immunologic diseases through clinically focused coverage relevant to both allergists and pediatricians. Understand the care and treatment of pediatric patients thanks to clinical pearls discussing the best approaches. Easily refer to appendices that list common food allergies and autoantibodies in autoimmune diseases. Apply the newest diagnostic tests available for asthma, upper respiratory allergy and more and know their benefits and contraindications. Treat the allergy at its source rather than the resulting reactions through an understanding of the immune mechanisms underlying allergic diseases. Get coverage of new research that affects methods of patient treatment and discusses potential reasons for increased allergies in some individuals. Better manage potential anaphylaxis cases through analysis of contributing factors and progression of allergic disease.

Effectively control asthma and monitor its progression using the new step by step approach Eliminate difficulty in prescribing antibiotics thanks to coverage of drug allergies and cross reactivity *Executive Summary* National Heart, Lung, and Blood Institute. National Asthma Education Program. Expert Panel on the Management of Asthma,1991 [Clinical Manifestations & Assessment of Respiratory Disease - E-Book](#) Terry Des Jardins,George G. Burton,2015-03-12 NEW New chapter on respiratory failure and mechanical ventilation protocol outlines the respiratory therapist s role in regards to these protocols NEW New chapters on congenital diaphragmatic hernia and congenital heart disease NEW Updated content on electronic charting offers the latest guidelines for collecting and recording respiratory assessments and treatment plans using an electronic health record NEW The most up to date content throughout ensures readers are well versed in the latest assessment and treatment guidelines for various respiratory illnesses and injuries NEW Therapist driven protocols TDPs information is now separated into two chapters to divide content between the basic treatment protocols and the protocols for mechanical ventilation and weaning from the ventilator *Pediatric Allergy: Principles and Practice E-Book* Stanley J. Szeffler,Francisco A Bonilla,Cezmi A Akdis,Hugh Sampson,2015-05-26 The third edition of Pediatric Allergy continues this title s steadfast tradition of providing comprehensive authoritative guidance on the day to day diagnosis and management of pediatric allergic and immunologic diseases You ll have the most up to date research at hand thanks to an easily accessible full color format that highlights a host of new chapters extensive updates and clinically focused coverage Whether you re a student resident pediatrician or allergist you ll appreciate this user friendly and versatile source for providing optimal care Includes diagnostic tests available for asthma upper respiratory allergy and more Equips you with an understanding of the immune mechanisms underlying allergic diseases Features coverage of drug allergies and cross reactivity Highlights clinical pearls discussing the best approaches to the care and treatment of pediatric patients Appendices listing common food allergies and autoantibodies in autoimmune diseases make for quick reference to essential material Expert Consult eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures images and references from the book on a variety of devices Revised asthma section examines current asthma guidelines school centered asthma programs exercise induced asthma and new directions in asthma therapy Includes the most current knowledge relating to emerging asthma within young children medication adherence and the impact of infection on the natural history of asthma New information on gene therapy stem cell therapy and a host of new immunodeficiency diseases helps you obtain the best results from the therapeutics for pediatric allergic and immunologic diseases Features brand new chapters on immunopathology diagnostics and management potential immunotherapeutic strategies for treating food allergies current status of immunotherapy for food allergy and biologic therapies Focused coverage of today s hot topics in pediatric allergy includes the use of targeted biologics to treat specific activation pathways leading to severe allergic diseases defects of innate immunity rheumatic diseases of childhood and inflammatory disorders Discusses new studies examining potential

etiologies for the increase in food allergy and examines potential immunotherapeutic strategies for treating food allergies  
New evidence based principles of medical care help you make the best use of available medications for your patients

*Pediatric Allergy: Principles and Practice* Stanley J. Szeffler, MD, Francisco A Bonilla, MD, PhD, Cezmi A Akdis, Hugh Sampson, 2015-08-11 The third edition of *Pediatric Allergy* continues this title's steadfast tradition of providing comprehensive authoritative guidance on the day to day diagnosis and management of pediatric allergic and immunologic diseases You'll have the most up to date research at hand thanks to an easily accessible full color format that highlights a host of new chapters extensive updates and clinically focused coverage Whether you're a student resident pediatrician or allergist you'll appreciate this user friendly and versatile source for providing optimal care Includes diagnostic tests available for asthma upper respiratory allergy and more Equips you with an understanding of the immune mechanisms underlying allergic diseases Features coverage of drug allergies and cross reactivity Highlights clinical pearls discussing the best approaches to the care and treatment of pediatric patients Appendices listing common food allergies and autoantibodies in autoimmune diseases make for quick reference to essential material Expert Consult eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures images and references from the book on a variety of devices Revised asthma section examines current asthma guidelines school centered asthma programs exercise induced asthma and new directions in asthma therapy Includes the most current knowledge relating to emerging asthma within young children medication adherence and the impact of infection on the natural history of asthma New information on gene therapy stem cell therapy and a host of new immunodeficiency diseases helps you obtain the best results from the therapeutics for pediatric allergic and immunologic diseases Features brand new chapters on immunopathology diagnostics and management potential immunotherapeutic strategies for treating food allergies current status of immunotherapy for food allergy and biologic therapies Focused coverage of today's hot topics in pediatric allergy includes the use of targeted biologics to treat specific activation pathways leading to severe allergic diseases defects of innate immunity rheumatic diseases of childhood and inflammatory disorders Discusses new studies examining potential etiologies for the increase in food allergy and examines potential immunotherapeutic strategies for treating food allergies New evidence based principles of medical care help you make the best use of available medications for your patients

Evidence-Based Nursing Alba DiCenso, Gordon Guyatt, Donna Ciliska, 2005-01-10 Evidence Based Nursing is written in response to numerous requests by nurse practitioners and other graduate faculty for a nursing literature resource This reader friendly accessible guide features plentiful examples from the nursing literature and the addition of specific nursing issues such as qualitative research with direct application for clinical practice The guide enables nurses to frame their clinical questions in a way that will help them find the evidence to support their opinions distinguish between strong and weak evidence clearly understand study results weigh the risks and benefits of management options and apply the evidence to their individual patients to improve outcomes

Part One provides a basic approach to the problems faced by nurses when determining optimal care predicting patient progress and protecting patients from potentially harmful side effects in addition to including a literature assessment summary and management recommendations Part Two expands on Part One providing concrete examples through case studies This is the only book of its kind that helps nurses use the nursing literature effectively to solve patient problems Three step approach to dissecting a problem to help find the best evidence and improve patient care most questions can be divided into three parts 1 Are the results valid 2 What are the results and 3 How can I apply the results to patient care Part One The Basics Using the Nursing Literature provides a basic approach to the problems faced by nurses when determining optimal care predicting patient progress and protecting patients from potentially harmful side effects and includes a literature assessment summary and management recommendations Part Two Beyond the Basics Using and Teaching the Principles of Evidence Based Nursing expands on Part One providing concrete examples through the presentation of cases Two part organization helps both beginners and those more accomplished at using the nursing literature Clinical Scenario provides a brief but detailed description of a clinical situation that requires the application of research through a critical thinking process Using the Guide examines a clinical scenario and then evaluates the way in which research findings are collected analyzed and applied to the resolution of the problem presented in the scenario Free CD ROM contains everything found in the book allowing for electronic outlining content filtering full text searching and alternative content organizations

*Asthma* Margaret Varnell Clark,2010-10-22 Latest information and guidelines for the diagnosis and management of asthma from the National Heart Lung and Blood Institute **Asthma Management Across the Life Span** Anne Meng,2003 **The Asthma Educator's Handbook** Christopher Fanta, Elisabeth Stieb, Elaine Carter, Kenan Haver,2007-07-02 Learn asthma care essentials from top experts at the Partners Asthma Center This book teaches physicians and other healthcare professionals how to recognize and treat asthma exacerbations and was inspired by patients and their experiences with this disease It is designed for informed educators who know a fair amount about asthma while focusing on patient needs It is an excellent resource for asthma educators 3 Stars Doody's Review Service Internists family physicians physician's assistants respiratory therapists and pharmacists will find this unparalleled authoritative guide has everything needed to understand and treat asthma in children and adults Ideal for preparing for certification as an asthma educator AEC The Asthma Educator's Handbook includes important information such as How to develop an asthma action plan based on the principles of assessing and treating asthma attacks Diagnosis and staging ambulatory asthma treatment Inhalers and inhalation aids Managing asthmatic attacks Chapter ending Q As that simulate the types of questions likely to appear on the National Asthma Educators Certification Board Exam Case discussions that test your knowledge by asking you to assume the role of an asthma educator *Guidelines for the Diagnosis and Management of Asthma* National Heart, Lung, and Blood Institute,1991 **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 **Asthma--a Link Between Environment, Immunology, and the Airways** Hugo E. Neffen,1999 This volume released at the Congress contains the most important papers delivered during the XVIth World Congress of Asthma Includes current research and details the state of the art in research and clinical aspects of asthma and related diseases Includes extensive references and halftone illustrations **Guidelines for the Diagnosis and Management of Asthma** DIANE Publishing Company,1996-02 Covers definition and diagnosis the 4 components of asthma management objective measures of lung function spirometry etc pharmacologic therapy the medications management of chronic asthma asthma in adults and in children management of exacerbations of asthma home management and hospital based emergency department management management of exercise induced asthma environmental measures to control allergens and irritants and patient education Also includes pregnancy and asthma older patients etc Extensive references **Pediatric Clinical Practice Guidelines & Policies** American Academy of Pediatrics,2005 Updated for 2005 this resource gives you access to clinical and policy information The book includes complete AAP clinical practice guidelines policy statements and clinical and technical reports The CD ROM has full text versions of all AAP policy statements and clinical practice guidelines including endorsed guidelines and policies *Guidelines for the Diagnosis and Management of Asthma* National Heart, Lung, and Blood Institute. National Asthma Education Program. Expert Panel on the Management of Asthma,1991 [Guidelines for the Diagnosis and Management of Asthma](#) U. S. Department of Health and Human Services,National Institutes of Health,National Heart Lung Blood Institute, A,2012-06-24 The National Institutes of Health Publication 07 4051 Guidelines for the Diagnosis and Management of Asthma The EPR 3 Summary Report 2007 provides key information from the full report on the diagnosis and management of asthma Summary information is provided on measures of assessment and monitoring education for a partnership in asthma care control of environmental factors and comorbid conditions that affect asthma and medications Key tables and figures from the full report are included for easy reference Asthma is a chronic inflammatory disease of the airways In the United States asthma affects more than 22 million persons It is one of the most common chronic diseases of childhood affecting more than 6 million children current asthma prevalence National Health Interview Survey NHIS National Center for Health Statistics Centers for Disease Control and Prevention 2005 NHIS 2005 There have been important gains since the release of the first National Asthma Education and Prevention Program NAEPP clinical practice guidelines in 1991 For example the number of deaths due to asthma has declined even in the face of an increasing prevalence of the disease NHIS 2005 fewer patients who have asthma report limitations to activities and an increasing proportion of people who have asthma receive formal patient education Department of Health and Human Services Healthy People 2010 midcourse review Hospitalization rates have remained relatively stable over the last decade with lower rates in some age groups but higher rates among young children 0 4 years of age There is some indication that improved recognition of asthma among young

children contributes to these rates. However, the burden of avoidable hospitalizations remains. Collectively, people who have asthma have more than 497,000 hospitalizations annually (NHIS 2005). Furthermore, ethnic and racial disparities in asthma burden persist with significant impact on African American and Puerto Rican populations. The challenge remains to help all people who have asthma, particularly those at high risk, receive quality asthma care. Advances in science have led to an increased understanding of asthma and its mechanisms, as well as improved treatment approaches. To help health care professionals bridge the gap between current knowledge and practice, the NAEPP of the National Heart, Lung, and Blood Institute (NHLBI) has previously convened three Expert Panels to prepare guidelines for the diagnosis and management of asthma. The NAEPP Coordinating Committee (CC) under the leadership of Claude Lenfant, M.D., Director of the NHLBI, convened the first Expert Panel in 1989. The charge to that Panel was to develop a report that would provide a general approach to diagnosing and managing asthma based on current science. Published in 1991, the Expert Panel Report, *Guidelines for the Diagnosis and Management of Asthma*, organized the recommendations for the treatment of asthma around four components of effective asthma management: Use of objective measures of lung function to assess the severity of asthma and to monitor the course of therapy; Environmental control measures to avoid or eliminate factors that precipitate asthma symptoms or exacerbations; Patient education that fosters a partnership among the patient, his or her family, and clinicians; Comprehensive pharmacologic therapy for long-term management designed to reverse and prevent the airway inflammation characteristic of asthma, as well as pharmacologic therapy to manage asthma exacerbations. The NAEPP recognizes that the value of clinical practice guidelines lies in their presentation of the best and most current evidence available. This report presents recommendations for the diagnosis and management of asthma that will help clinicians and patients make appropriate decisions about asthma care. *Journal of Health Care Law & Policy*, 2002 **BMJ**, 2008

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