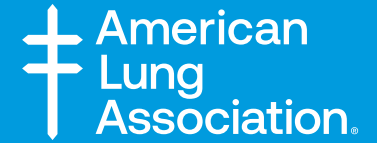
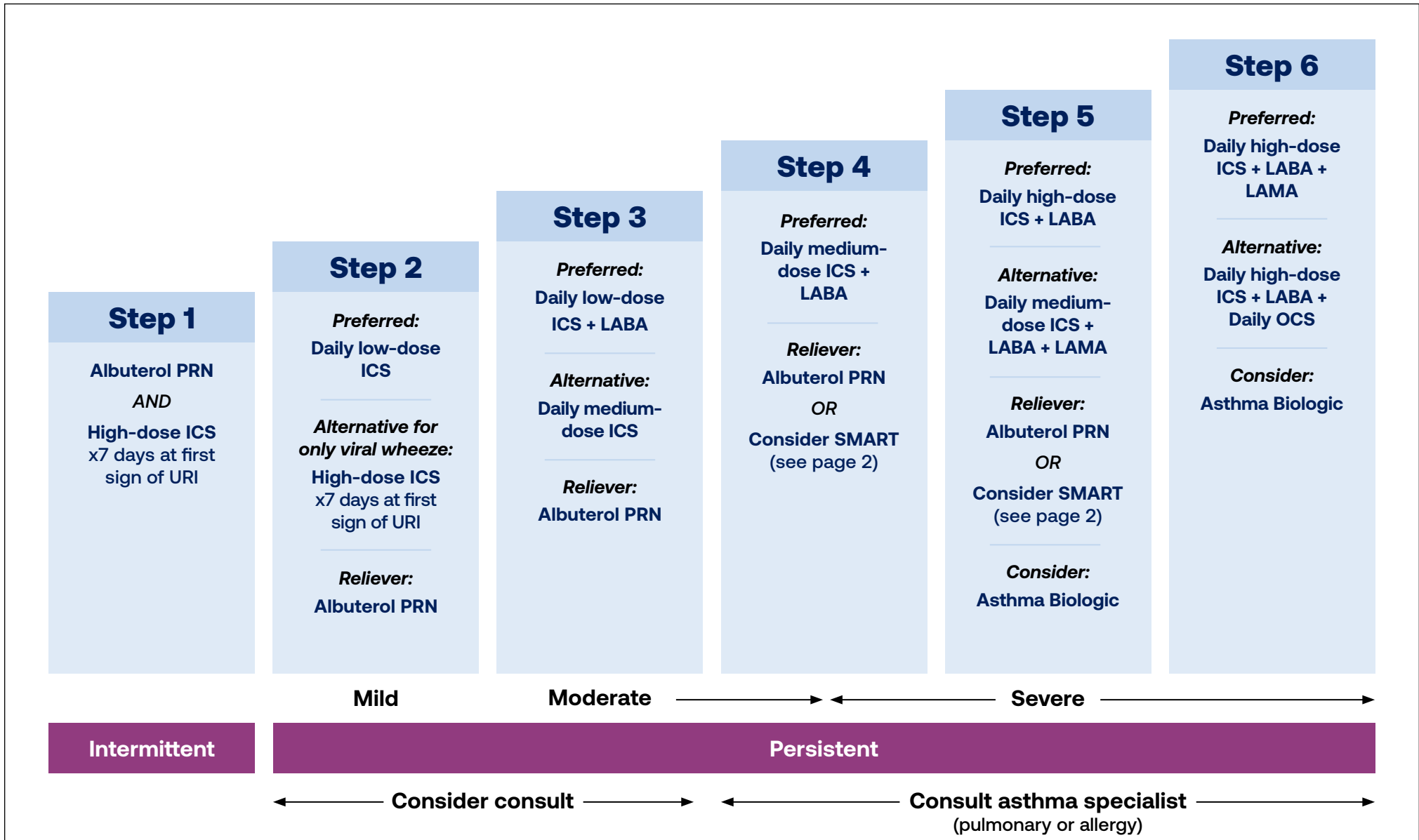


# Stepwise Approach: 12 years & older

## 2020 EPR 3 Updates/GINA Hybrid



At every visit, check inhaler technique, medication adherence, and assess for environmental changes.



# Stepwise Approach: 12 years & older

## Additional Notes



### Alternative Reliever Therapy at Steps 3-5

Consider **SMART** (Single Maintenance and Reliever Therapy) in consultation with a specialist

ICS + Formoterol PRN

- 4 puffs at a time, max 12 puffs per day for maintenance + reliever



### At every visit:

- check inhaler technique
- check medication adherence
- assess any changes in environment



Consider consult with asthma specialist at **Steps 2 and 3**

Recommend consult with asthma specialist at **Steps 4, 5, and 6**



**Montelukast** has an **FDA Boxed Warning** due to risk of serious adverse neuropsychiatric side effects and is no longer recommended as an asthma controller medication.

## Abbreviations

### EPR 3

Expert Panel Report 3

### GINA

Global Initiative for Asthma

### PRN

As Needed

### ICS

Inhaled Corticosteroids

### URI

Upper Respiratory Infection

### LABA

Long-Acting Beta-Agonist

### LAMA

Long-Acting Muscarinic Antagonist

### OCS

Oral Corticosteroid