

# Nottinghamshire Adult Asthma Treatment Summary

## Regular Preventer LOW dose ICS

- Easyhaler®
  - Beclometasone  
200 mcg/dose DPI  
1 dose BD (£14.93/device)
- OR
- Soprobec® MDI
  - 100 mcg/ inhalation +/- spacer 2 puffs BD (£5.57/device)
- OR
- QVAR® Easibreathe MDI 50 mcg/ inhalation 2 puffs BD (£7.87/device)

Prescribe a SABA in addition to other therapies for all patients except those on MART regimens. A SABA ALONE should ONLY be prescribed for the limited number of patients with infrequent, mild symptoms (<twice/ month).

**1st line = DPI.**  
**Easyhaler® Salbutamol**   
**100mcg/dose** (£3.31/device). For patients in whom a DPI is appropriate. NB Device expires 6 months after the foil pouch is opened

**2nd line = MDI +/- spacer.**  
**Salamol® 100mcg/dose Inhaler** (£1.46/device)

**3rd line = Breath actuated MDI.**  
**Salamol Easi-Breathe® 100mcg/dose Inhaler** (£6.30/device)

## Add-on Therapy

**ADD Montelukast tablets 10mg ON (£32/yr)**- Review after 4 weeks. If not effective discontinue and switch to alternative treatment option (MART or regular LABA) as below.

### OR Switch to Maintenance and Reliever Therapy (MART):

Fobumix Easyhaler® 160/4.5 MART (£21.50/ device) DPI	Luforbec 100/6 MART (£13.98/ device) MDI	Fostair® Nexthaler 100/6 MART £29.32/ device DPI
1 dose BD and 1 Dose PRN	1 dose BD and 1 Dose PRN	1 dose BD and 1 Dose PRN

[Refer to MART guidance for more information on doses](#)

### Or SWITCH to a regular LABA (always as a combination product with an ICS):

- Fobumix® 160/4.5 Easyhaler DPI 1 dose BD (£10.75/ 30days)
- OR
- Luforbec® 100/6 MDI +/- Spacer 1 puff BD (£6.99/ 30 days)
- OR
- Fostair Nexthaler® 100/6 DPI 1 dose BD (£14/ 30 days)

**If LABA provides benefit but control still inadequate, INCREASE dose by using the higher strength inhalers**

**Prescribe inhalers by brand** to avoid variability in the device that the patient receives as this may have negative effects on patient adherence and asthma control. ). [Asthma Management Plan](#) is vital.

Indicates a greener choice preparation

**This guideline is a summary of first line choices but is not an exhaustive list. Please refer to the Nottingham APC formulary**

## Additional Add-on Therapy Amb2

Any patient needing > 2 courses of oral corticosteroids/ year should be referred

### On Specialist advice only

Trimbow® 87/5/9, 172/5/9 2 puffs BD (£44.50/ 30 days)

OR

Spiriva® Respimat (Tiotropium) 2.5mcg per inhalation 2 puffs OD (£23 30 days)

+  
**HIGH DOSE ICS/LABA combination inhaler**

Step down once asthma control is achieved

## Specialist Therapies Red

Patient may be considered for other therapies such as monoclonal antibody treatments.

Any patient needing > 2 courses of oral corticosteroids/ year should be referred.

**KEY:** ICS: Inhaled Corticosteroid, **SABA:** short acting beta<sub>2</sub> agonist, **LABA:** long acting beta agonist, **MDI:** metered dose inhaler, **DPI:** dry powder inhaler. **BDP:** beclometasone dipropionate.

Costs from Drug tariff and Rightbreathe, Nov 2023

Last Updated Nov 2023 , Review: Feb 2025 V2.1

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## Nottinghamshire Adult Asthma Treatment Summary

Based on [BTS/ SIGN guidelines 2019](#) and [NICE NG80: Asthma: diagnosis, monitoring and chronic asthma management](#)

### **Guidance notes**

1. **All patients should have a written self-management plan- [see APC website](#)**
2. Adherence and inhaler technique must be checked before any step up in medication. Patients should be prescribed a device that they can and want to use. Consider patient variable factors alongside their ability to use. Advise patient to visit [Right Breathe website](#) for videos on how to use device. Most patients should be on a single type of device wherever possible. Metered dose inhalers should be used with a spacer device wherever possible.

Recommended spacer device for inhaler type:

*Luforbec<sup>®</sup>, Trimbow<sup>®</sup>, QVAR<sup>®</sup>, Kelhale<sup>®</sup>, Flutiform<sup>®</sup>, Fostair<sup>®</sup> and Soprobec<sup>®</sup> MDIs = AeroChamber Plus<sup>®</sup> (£5.21/each)*

*Salamol, Clenil Modulite<sup>®</sup>, Flixotide<sup>®</sup> and Seretide<sup>®</sup> MDIs = Volumatic<sup>®</sup> (£3.88/each)*

3. Consider carbon footprint –note that DPIs and SMIs have a much lower carbon footprint than MDIs. Use a low carbon option where medication choices/ inhaler devices are equally appropriate. However, ensuring that the patient is able to use the device effectively must always be the priority- see point 2 above. For further information regarding environmental impact of respiratory disease management see [PCRS Position Statement](#).
4. Assessment of control can be achieved through asking 3 simple questions: In the last week (or month):
  - a. Have you had difficulty sleeping because of your asthma symptoms (including cough)?
  - b. Have you had your usual asthma symptoms during the day (cough, wheeze, chest tightness or breathlessness)?
  - c. Has your asthma interfered with your usual activities (e.g. housework, work/school etc)?
 Undertake an asthma review if using SABA 3 times a week or more, symptomatic 3 times a week or more, waking due to symptoms one night a week or more or patient has had an exacerbation in the last 2 years.
5. Stepping down: A step down in medication (especially from high dose inhaled steroids – decrease steroid dose by 25-50% and monitor) should be implemented after at least 3 months of good control.

Table of Inhaled Corticosteroid Potencies (from BTS guidance)

ICS	Dose		
	Low dose	Medium dose	High dose
<b>Beclometasone dipropionate</b>			
Clenil Modulite pMDI	100 micrograms two puffs twice a day	200 micrograms two puffs twice a day	250 micrograms two puffs twice a day 250 micrograms four puffs twice a day
Kelhale pMDI (extrafine)	50 micrograms two puffs twice a day	100 micrograms two puffs twice a day	100 micrograms four puffs twice a day
Qvar pMDI (extrafine) Qvar Easi-Breathe (extrafine)	50 micrograms two puffs twice a day	100 micrograms two puffs twice a day	100 micrograms four puffs twice a day
Beclometasone Easyhaler	200 micrograms one puff twice a day	200 micrograms two puffs twice a day	n/a
Fostair (pMDI) (extrafine) (beclometasone & formoterol)	100/6 one puff twice a day	100/6 two puffs twice a day	200/6 two puffs twice a day
Fostair (NEXThaler) (extrafine) (beclometasone & formoterol)	100/6 one puff twice a day	100/6 two puffs twice a day	200/6 two puffs twice a day
Trimbow (beclomethasone, formoterol and glycopyrronium)	87/5/9 one puff twice a day	87/5/9 two puffs twice a day	172/5/9 two puffs twice a day
<b>Budesonide</b>			
Pulmicort Turbohaler	100 micrograms two puffs twice a day 200 micrograms one puff twice a day	200 micrograms two puffs twice a day 400 micrograms one puff twice a day	400 micrograms two puffs twice a day
DuoResp Spiromax (Budesonide and formoterol)	160/4.5 one puff twice a day	160/4.5 two puffs twice a day 320/9 one puff twice a day	320/9 two puffs twice a day
Symbicort Turbohaler (Budesonide and formoterol)	100/6 two puffs twice a day 200/6 one puff twice a day	200/6 two puffs twice a day 400/12 one puff twice a day	400/12 two puffs twice a day
Fobumix Easyhaler (Budesonide and formoterol)	80/4.5 two puffs twice a day 160/4.5 one puff twice a day	160/4.5 two puffs twice a day 320/9 one puff twice a day	320/9 two puffs twice a day
<b>Fluticasone propionate</b>			
Flixotide Evohaler	50 micrograms two puffs twice a day	125 micrograms two puffs twice a day	250 micrograms two puffs twice a day
Flixotide Accuhaler	100 micrograms one puff twice a day	250 micrograms one puff twice a day	500 micrograms one puff twice a day
Flutiform MDI (Fluticasone propionate and formoterol)	50/5 two puffs twice a day	125/5 two puffs twice a day	250/10 two puffs twice a day
Aerivio Spiromax (Fluticasone propionate and salmeterol)	n/a	n/a	500/50 one puff twice a day
AirFluSal Forspiro (Fluticasone propionate and salmeterol)	n/a	n/a	500/50 one puff twice a day
Fluticasone/ salmeterol pMDI (AirFluSal, Aloflute, Combisal, Sereflo, Seretide Evohaler, Sirdupla etc)	50/25 two puffs twice a day	125/25 two puffs twice a day	250/25 two puffs twice a day
Fusacomb Easyhaler (Fluticasone propionate and salmeterol)	n/a	250/50 one puff twice a day	500/50 one puff twice a day
Seretide Accuhaler (Fluticasone propionate and salmeterol)	100/50 one puff twice a day	250/50 one puff twice a day	500/50 one puff twice a day
<b>Fluticasone furoate</b>			
Relvar Ellipta (Fluticasone furoate and vilanterol)	n/a	92/22 one puff once a day	184/22 one puff once a day