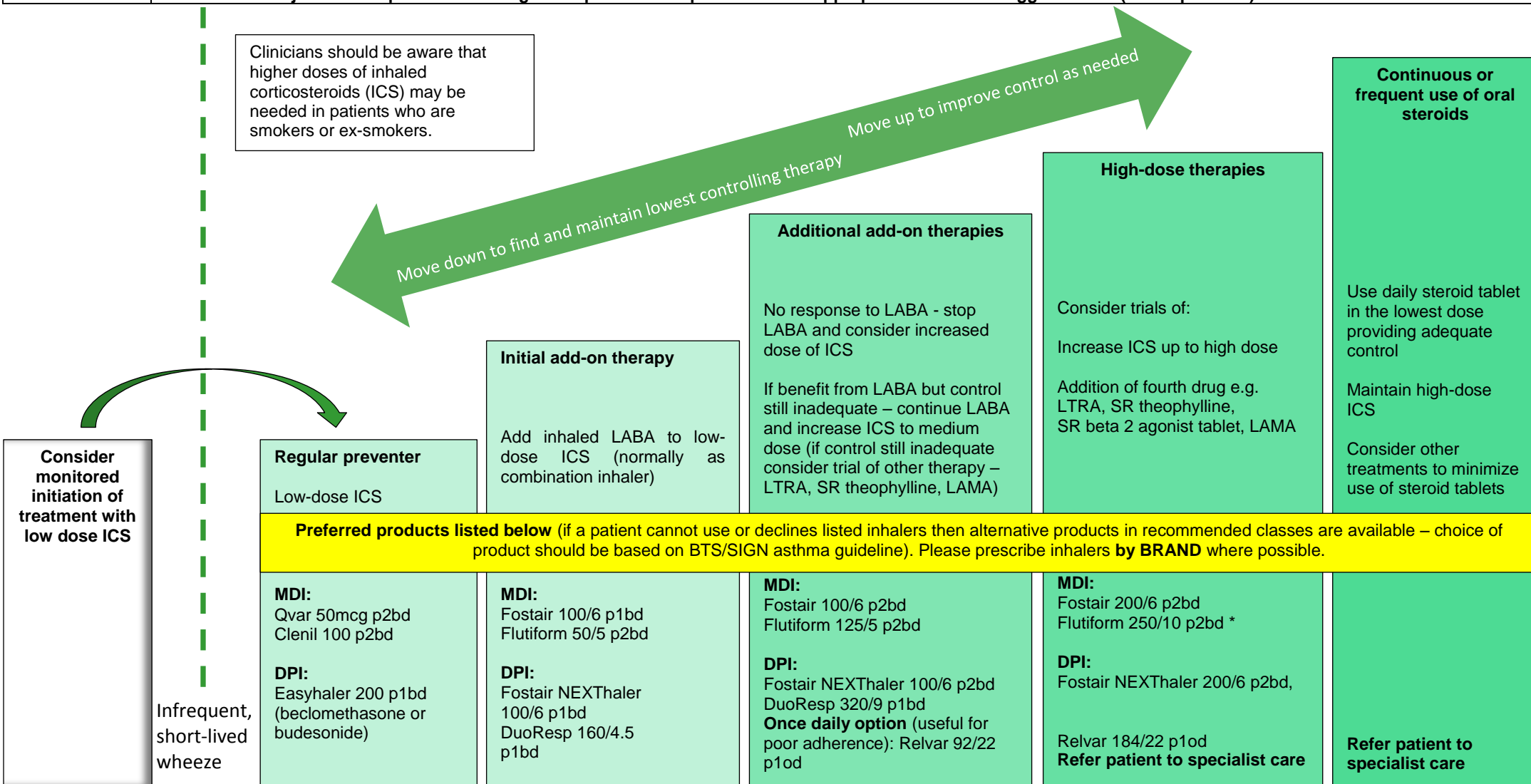


# The Pharmacological management of stable asthma in adults

<b>Asthma - suspected</b>	<b>Asthma - diagnosed</b>
<b>Diagnosis and assessment</b>	<b>Evaluation:</b> •assess symptoms, measure lung function, check inhaler technique and adherence •adjust dose •update self-management plan •move up and down as appropriate •eliminate trigger factors (where possible)

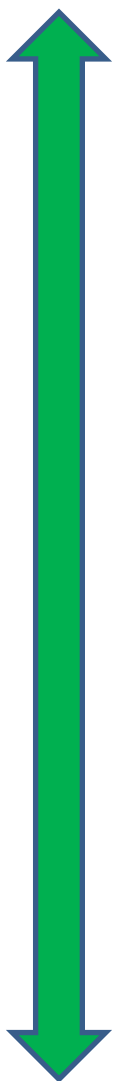


\* Other options are significantly more cost effective (see costs sheet)

**Short acting beta 2 agonists (salbutamol 100mcg/dose MDI is 1st line cost effective option) as required – consider moving up if using three doses a week or more**

## The Pharmacological management of stable asthma in adults

Most  
Cost  
Effective



Least  
Cost  
Effective

PRN therapy	Regular preventer (low dose ICS)	Initial add-on therapy (LABA/Low dose ICS)	Additional add-on therapy (LABA/medium dose ICS)	High-dose (ICS) therapies	Continuous or frequent use of oral steroids
Salbutamol 100mcg/dose inhaler (MDI) 2 puffs prn <b>£21.90</b>	<b><u>400 – 500mcg BDP equivalent/day:</u></b> Clenil Modulate 100mcg/dose inhaler (MDI) 2 puffs bd <b>£54.17</b>	<b><u>400 – 500mcg BDP equivalent/day:</u></b> Flutiform 50/5 inhaler (MDI) 2 puffs bd <b>£175.20</b>	<b><u>800mcg BDP equivalent/day:</u></b> DuoResp 320/9 Spiromax (DPI) 1 puff bd <b>£364.63</b>	<b><u>1600mcg BDP equivalent/day:</u></b> DuoResp 320/9 Spiromax (DPI) 2 puffs bd <b>£729.27</b>	
Salbutamol 100mcg/dose dry powder inhaler (DPI) 2 puffs prn <b>£48.33</b>	Easyhaler beclometasone 200mcg/dose (DPI) 1 puff bd <b>£54.49</b>	Fostair 100/6 inhaler (MDI) 1 puff bd <b>£178.36</b>	Symbicort 200/6 Turbohaler (DPI) 2 puffs bd <b>£462.33</b>		
Salbutamol 200mcg/dose dry powder inhaler (DPI) – 1 puff prn: Ventolin Accuhaler <b>£87.60</b>	Qvar Easi-Breathe 50mcg/dose (BAAI) 2 puffs bd <b>£56.50</b>	Fostair NEXThaler 100/6 (DPI) 1 puff bd <b>£178.36</b>	Symbicort 400/12 Turbohaler (DPI) 1 puff bd <b>£462.33</b>	<b><u>2000mcg BDP equivalent/day:</u></b> Fostair 200/6 inhaler (MDI) 2 puffs bd <b>£356.73</b>	
Salbutamol 100mcg/dose breath actuated inhaler (BAAI) 2 puffs prn <b>£91.98</b>	Qvar 50mcg/dose inhaler (MDI) 2 puffs bd <b>£57.45</b>	DuoResp 160/4.5 Spiromax (DPI) 1 puff bd <b>£182.32</b>	<b><u>1000mcg BDP equivalent/day:</u></b> Flutiform 125/5 Inhaler (MDI) 2 puffs bd <b>£340.67</b>		
Terbutaline Turbohaler 500mcg/dose (DPI) 1 puff prn <b>£101.03</b>	Qvar Autohaler 50mcg/dose (BAAI) 2 puffs bd <b>£57.45</b>	Seretide 50 Evohaler (MDI) 2 puffs bd <b>£219</b>	Fostair 100/6 inhaler (MDI) 2 puffs bd <b>£356.73</b>	Relvar Ellipta 184/22 (DPI) 1 puff od <b>£358.92</b>	
	Easyhaler budesonide 200mcg/dose (DPI) 1 puff bd <b>£64.64</b>	Seretide 100 Accuhaler (DPI) 1 puff bd <b>£219</b>	Fostair NEXThaler 100/6 (DPI) 2 puffs bd <b>£356.73</b>	Seretide 500 Accuhaler (DPI) 1 puff bd <b>£497.86</b>	
	Fluticasone 50mcg/dose evohaler (MDI) 2 puffs bd <b>£66.19</b>	Symbicort 200/6 Turbohaler (DPI) 1 puff bd <b>£231.17</b>	Fostair NEXThaler 100/6 (DPI) 2 puffs bd <b>£356.73</b>	Seretide 250 Accuhaler (DPI) 1 puff bd <b>£425.83</b>	
	Budesonide Turbohaler 200/dose (DPI) 1 puff bd <b>£86.43</b>	Symbicort 100/6 Turbohaler (DPI) 2 puffs bd <b>£401.50</b>	Seretide 250 Accuhaler (DPI) 1 puff bd <b>£425.83</b>	Seretide 125 Evohaler (MDI) 2 puffs bd <b>£425.83</b>	
	Fluticasone 100mcg/dose accuhaler (DPI) 1 puff bd <b>£130.43</b>		Relvar Ellipta 92/22 (DPI) 1 puff od <b>£267.67</b>		
				<b>Add-on therapies:</b> Leukotriene receptor antagonist (LTRA) – 1 <sup>st</sup> line cost effective LTRA option is generic montelukast 10mg tablets one at night <b>£20.99</b>	
				Long acting muscarinic antagonist (LAMA) – the only licensed LAMA option in asthma currently is tiotropium in the form of Spiriva Respimat 2 puffs od <b>£279.83</b>	

**MDI** – Metered dose inhaler  
**DPI** – Dry powder inhaler  
**BAAI** – Breath actuated aerosol inhaler  
**BDP** – Beclometasone dipropionate.

Doses quoted are BNF adult doses.  
Costs based on quoted doses over 365 days (without a spacer). Prices from Drug Tariff January 2017 & dm+d