



Stepwise Therapy for Asthma

- Goal** - Minimal symptoms and no limitations on usually activities
 - No daily Albuterol inhaler use and less than one canister per month
 - Less than 2 nocturnal awakenings a month for asthma

Therapy

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| Step 1 - | Symptoms require Albuterol less than 2 days per week and less than 2 nights per month | As needed Albuterol |
| ☆ Step 2 - | Symptoms requiring Albuterol more than twice per week but less than one a day or
- Symptoms more than twice per month at night | Low dose inhaled steroids
As needed Albuterol |
| Step 3 - | Symptoms requiring Albuterol on most days <u>or</u>
- Symptoms more than once a week at night | Low to medium dose inhaled steroids and long acting B2 agonist |
| Step 4 - | Symptoms requiring Albuterol multiple times a day <u>or</u>
- Symptoms on most nights requiring Albuterol (PEF ≤ 60% of personal best) | High dose inhaled steroids and long lasting B2 agonist (steroid tablets if needed) |
| ☆ - | Use of Albuterol more than twice a week represents more than one Albuterol inhaler every 8 months. If using more than one Albuterol every 8 months then NIH recommends daily-inhaled steroids. | |

Starcare and its pharmacy partner, Ala-Gap Pharmacy Network, is developing this program to promote quality asthma care.

