## ASHMA MANAGEMENT GUIDE (based on the NHLBI/NAEPP EPR-3)

### 1. PATIENT’S AGE
- 0-4 years
- 5-11 years
- 12 years-Adult

### 2. SEVERITY and/or CURRENT TREATMENT STEP
- Persistent
  - no prior asthma or inhaled medications
  - Intermittent

### 3. IMPAIRMENT and
- cough/wheeze/dyspnea
- SABA doses
- Limitation

<table>
<thead>
<tr>
<th># days/week</th>
<th># nights/week</th>
<th>&lt;2/week</th>
<th>daily</th>
<th>none</th>
<th>some</th>
<th>minor</th>
<th>extreme</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;2/week</td>
<td>&gt;2/week</td>
<td>&gt;1/day</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

### 4. SEVERITY (new) or Persistent
- Intermittent
- Mild
- Moderate
- Severe

### 5. MAINTAIN/STEP UP/STEP DOWN to
- 1
- 2
- 3
- 4
- 5
- 6

### 6. EDUCATION
- asthma facts
- controllers vs quick-relievers
- spacer technique
- environmental trigger avoidance
- Action Plan
- 504b/MAF

### 7. REFERRALS
- spirometry
- allergy testing
- integrated pest management
- tobacco cessation

### 8. RTC
- every 2-6 weeks until well controlled
- every 1-6 months (if “well-controlled” for 3 months)