Summary of stepwise management of asthma in 5-12 year olds

British Thoracic Society and SIGN asthma guideline 2014

**Step 1**
- Mild intermittent asthma
- Regular preventer therapy

**Step 2**
- Initial add-on therapy
- Add inhaled corticosteroid 200-400 micrograms/day (other preventer drugs if inhaled corticosteroid cannot be used)
- Start at dose of inhaled corticosteroid appropriate to severity of disease

**Step 3**
- Persistent poor control
- Increase inhaled corticosteroid up to 800 micrograms/day*

**Step 4**
- Continuous or frequent use of oral steroids

**Step 5**
- Use daily steroid tablet in lowest dose providing adequate control
- Maintain high dose inhaled corticosteroid or 800 micrograms/day*
- Refer to respiratory paediatrician

**Patients should start treatment at the step most appropriate to the initial severity of their asthma. Check adherence and reconsider diagnosis if response to treatment is unexpectedly poor.**

**Move down to find and maintain lowest controlling step.**

**Move up to improve control as needed.**

* BDP or equivalent