

## Asthma: diagnosis and chronic management in adults and adolescents 12+ years

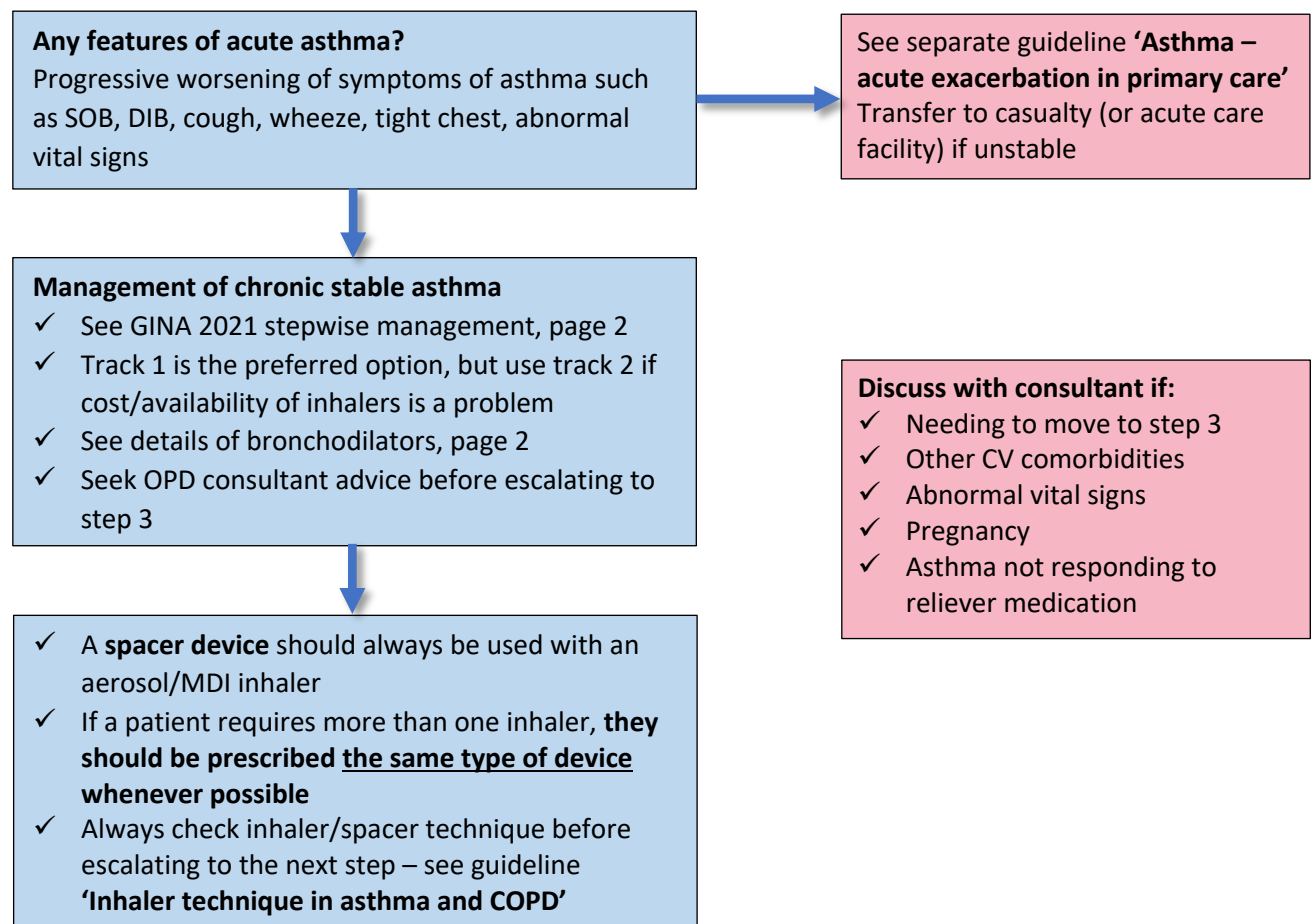
### Key Facts:

- Most common chronic non-communicable disease
- Most of the morbidity and mortality associated with asthma is preventable, particularly with use of inhaled corticosteroids
- COVID does not exacerbate nor confer severity to asthmatics as long as they are up to par with vaccination and optimized care

Clinical presentation*	Diagnosis and investigations
<p>Breathlessness, wheeze, chest tightness, or cough that is:</p> <ul style="list-style-type: none"> <li>✓ Worse at night and early morning</li> <li>✓ Comes with/after exercise</li> <li>✓ Come with allergen exposure or cold air</li> <li>✓ Come on after taking aspirin/beta-blockers</li> </ul>	<ul style="list-style-type: none"> <li>✓ A good history is more important than any test. Focus on the features above (Xrays and blood tests only helpful if another condition suspected)</li> <li>✓ Spirometry is the gold standard for diagnosis, but rarely necessary and currently not available in Kijabe</li> <li>✓ Trial of treatment with SABA (as needed) and 8 weeks of inhaled steroids can be used to confirm the diagnosis</li> </ul>

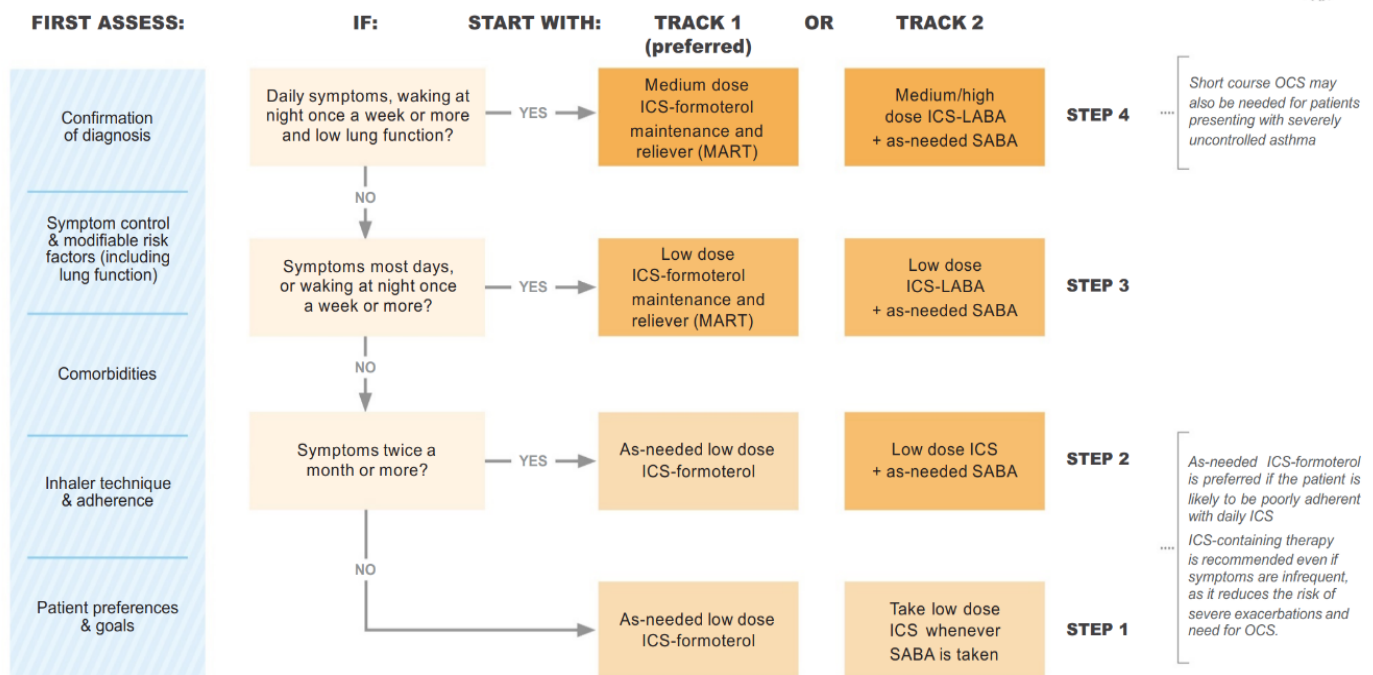
**\*NOTE:** In adults over 35 years, exclude COPD which also presents with cough/wheeze but lacks the pattern described above. (See separate COPD guideline)

### Management



## STARTING TREATMENT

in adults and adolescents 12+ years with a diagnosis of asthma



GINA 2021, Box 3-4Bii

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### Inhalers and asthma medication available in Kijabe pharmacy

Class	Drug	Type of inhaler	Dose
<b>SABA</b> (Short acting beta-agonist)	Salbutamol 100mcg	aerosol, metred dose inhaler	200mcg as needed
<b>SAMA</b> (short acting muscarinic antagonist)	Ipratropium 20mcg	aerosol, metred dose inhaler	40mcg as needed
<b>ICS</b> (Inhaled corticosteroid)	Beclomethasone 100mcg	aerosol, metred dose inhaler	Low dose: 200-500mcg/day Medium dose: 500-1000mcg/d High dose: >1000mcg/day
<b>ICS+LABA</b> (Inhaled corticosteroid and long-acting beta-agonist)	Budesonide + Formoterol 200+6 or 400+6 Budesonide + Formoterol 160/4.5mcg	aerosol, metered dose inhaler dry powder, Turbohaler	Low dose: 200-400mcg/day Medium dose: 400-800mcg/day High dose: >800mcg/day
<b>LTRA</b> (leukotriene receptor antagonist)	Montelukast 10mg tablet		Age 6m-6y: 4mg once daily in evening Age 6-15y: 5mg once daily in evening >15y: 10mg once daily in evening

### References:

NCD Clinical Guide 2021 Asthma Primary Care International (adapted for this context and location. PCI have not been involved in, nor hold responsibility for any adaptations. Original can be found by contacting PCI: <https://pci-360.com> )

GINA 2021 asthma guideline <https://ginasthma.org>

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