

Maintenance and Reliever Therapy (MART) for chronic asthma in young people aged >12 years

- MART uses a combination inhaled corticosteroid and rapid onset/long acting Beta-2-agonist inhaler.
- SMART uses a daily maintenance dose of Symbicort (Budesonide-Formoterol) PLUS Symbicort as needed in response to symptoms. In less severely affected patients, a maintenance dose might not be needed.
- A short acting bronchodilator (e.g. Salbutamol or Terbutaline) is not used with this approach to treatment.
- SMART is licenced for children aged > 12 years. GINA guidelines recommend the same regime for 6-11 year olds. Symbicort 100/6 is licensed in doses up to 2 inhalations twice daily for this age group.
- Younger children might have difficulties using a Turbohaler when unwell.
- Combination inhalers containing Salmeterol cannot be used for MART - Salmeterol's bronchodilator effect is not rapid onset.

Symptom Frequency

Treatment

Symptoms more often than twice a month but less than weekly

As needed low dose Symbicort
(100/6) no more than 8 inhalations daily*

More than weekly symptoms, waking at night once a week or more

Low dose SMART
Symbicort Turbohaler (100/6) 1 inhalation twice daily. Take 1 additional inhalation if needed for relief of symptoms. Use up to 6 additional inhalations if needed up to a maximum daily dose of 8 inhalations*

*** - Seek urgent medical assistance if asthma is getting worse quickly and Symbicort Turbohaler inhalations are not relieving symptoms or if maximum doses are needed for more than 1-2 days**

If there is reduced lung function and/or frequent use of as needed treatment, consider Medium dose SMART - Symbicort Turbohaler (100/6) 2 inhalations twice daily plus up to 4 additional inhalations if needed for relief of symptoms.

Think Green!

Metered dose inhalers (MDIs) contain propellants known as hydrofluorocarbons (HFCs), powerful greenhouse gases. Whilst HFCs help propel medication into the airways, most children aged over 6 years can be taught to achieve the same benefit using dry powder inhalers (DPIs). Symbicort Turbohaler is a DPI with an estimated carbon footprint of 6g CO₂eq per dose. MDIs have an estimated CO₂eq of 64-295g per dose.

