

Asthma Guidelines



Asthma Type	Intermittent	Mild Persistent	Moderate persistent	Severe persistent
Symptom Frequency	<2 days/week	3-6 days/week	Daily	Multiple times a day
Night Awakening	<2x/month	3-4x/month	2-6x/week	Up to 7x/week
Daily Limits	None	Minor	Moderate	Extreme
Use of SABA	<2 days/week	3 days/week or 1x/day	7 days/week	Several times a day
Lung Function	FEV1 >80% PAV Normal FEV1/FVC	FEV1 >80% PAV Normal FEV1/FVC	FEV1 60-79% PAV FEV1/FVC reduced by 5%	FEV1 <60% PAV FEV1/FVC reduced by 5%
Exacerbations	<1x/year	>2x/year	>2x/year	>2x/year
Management	PRN SABA	PRN SABA plus scheduled low-dose ICS OR concurrent use PRN with PRN low dose ICS	Preferred: Scheduled and PRN low dose ICS/formoterol Alternative: PRN SABA plus scheduled medium dose ICS OR low dose ICS-LABA	Scheduled medium dose to high dose ICS/LABA plus scheduled LAMA plus PRN SABA
If initial treatment fails	-	-	Scheduled and PRN medium dose ICS/LABA	Daily high dose ICS/LABA plus oral glucocorticoids OR equivalent dose of prednisone plus PRN SABA

Abbreviations:

SABA = short acting beta agonist
 PAV = predicted average value
 FEV1 = forced expiratory volume
 FVC = forced vital capacity
 PRN = as needed
 ICS = inhaled corticosteroids
 LABA = long acting beta agonists
 LAMA = long acting muscarinic antagonists

Resources:

Global Initiative for Asthma. (2023). 2023 GINA Main Report, Global Strategy for Asthma Management and Prevention. Retrieved from <https://ginasthma.org/2023-gina-main-report/>
 National Heart, Lung, and Blood Institute. (2020). 2020 Focused Updates to the Asthma Management Guidelines: A Report from the National Asthma Education and Prevention Program Coordinating Committee Expert Panel Working Group. Retrieved from <https://www.nhlbi.nih.gov/health-topics/asthma-management-guidelines-2020-updates>