

ASTHMA 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	no prior asthma or inhaled medications		Intermittent		Persistent	
	0		1		Mild 2	Moderate 3
3. IMPAIRMENT and	cough/wheeze/dyspnea		SABA doses		Limitation	
	# ___ days/ week month	# ___ nights/ week month	<2/week >2/week	daily >1/day	none minor	some extreme
RISK (exacerbations requiring systemic steroids)	0-1/year		2-3/year		> 3/year	
4. SEVERITY (new) or	Intermittent		Persistent			
			Mild	Moderate	Severe	
CONTROL	Well Controlled		Not Well Controlled		Very Poorly Controlled	
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)			