Stepped approach to adjusting asthma medication in children aged 6-11 years

**Stepped-up regular preventer (+ reliever as needed)**

Preventer options:
- ICS (high paediatric dose)
- ICS/LABA combination (low dose)
- ICS (low dose) + montelukast

**Regular preventer (+ reliever as needed)**

Preventer options:
- ICS (low dose)
- Montelukast

**Add-on specialised treatments**

**As-needed reliever only**

SABA

### Before considering stepping up
- Check symptoms are due to asthma.
- Inhaler technique is correct.
- Adherence is adequate.
- Consider modifiable factors contributing to asthma symptoms (e.g., exposure to tobacco smoke or allergens, obesity or overweight).

### Consider stepping up
- Good control is not achieved despite good adherence and correct inhaler technique.

### Consider stepping down
- Asthma is stable and well controlled for more than 6 months.

SABA: short-acting beta₂ agonist; LABA: long-acting beta₂ agonist

**Table. Definition of levels of recent asthma symptom control in children (regardless of current treatment regimen)**

- As-needed reliever only
  - Monitor reliever use
  - Consider need for preventer

- Monitor and adjust to maintain control at lowest effective dose
  - Table. Initial preventer treatment for children 6 years and over
  - Table. Definitions of ICS dose levels in children

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