



# UHA STEP-WISE APPROACH TO RESPIRATORY MANAGEMENT

## ASTHMA MANAGEMENT KEY POINTS (AGES 12 AND OLDER):

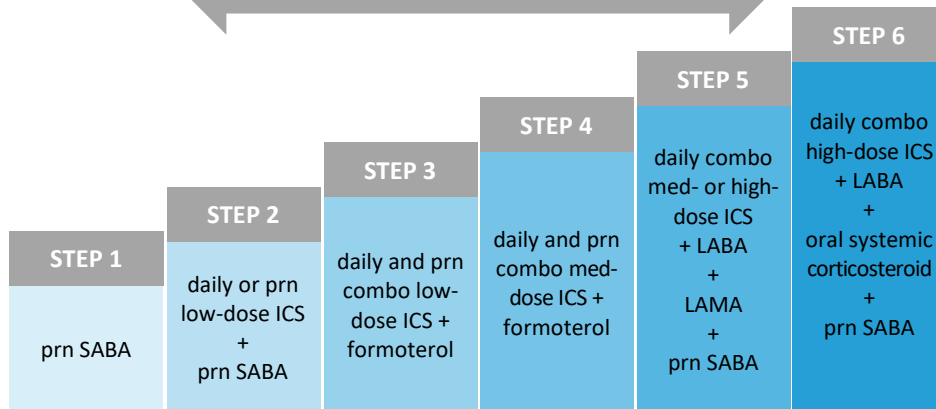
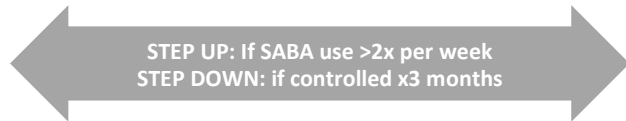
### Assessment:

Asthma typically presents with a pattern of respiratory symptoms that occur following exposure to triggers (e.g., allergen, exercise, viral infection) and resolve with trigger avoidance or asthma medication. This history plus the finding on physical examination of characteristic musical wheezing (present in association with symptoms and absent when symptoms resolve) strongly point to a diagnosis of asthma. Confirmation of the asthma diagnosis is based on two key additional elements:

- The demonstration of variable expiratory airflow limitation by **spirometry**; and
- Exclusion of alternative diagnoses.

### Treatment:

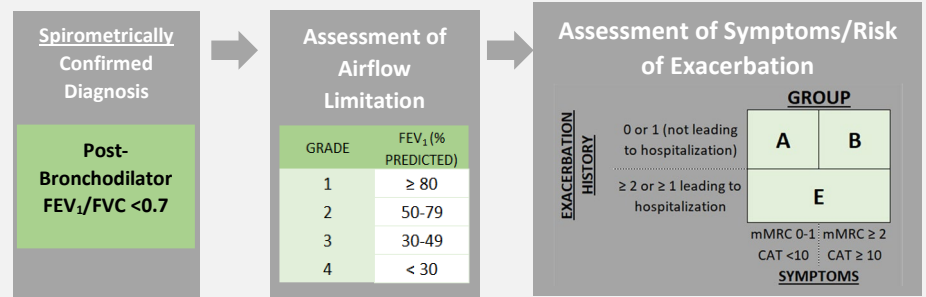
- Classification depends on impairment and risk.
- Each step should include education, review environmental control, and management of comorbidities.
- Consult with asthma specialist is recommended above step 3.
- Persistent asthma requires daily medication (step 2 or higher).
- Use of a LABA alone without other long-term asthma control (e.g., inhaled corticosteroid) is contraindicated.



## COPD MANAGEMENT KEY POINTS:

### Assessment:

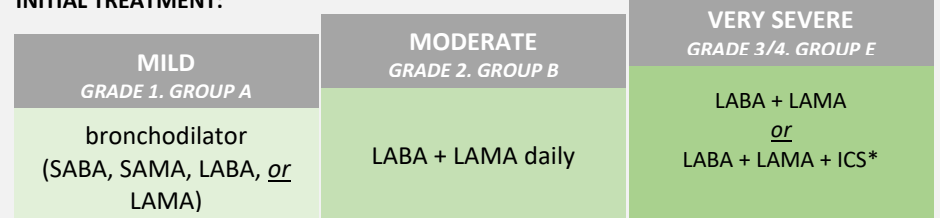
- COPD should be considered in patients with dyspnea, chronic cough or sputum production, history of recurrent lower respiratory tract infections and/or a history of exposure to risk factors for the disease.
- **Spirometry**, patient symptoms, and history of exacerbations is required to make the diagnosis and determine the therapeutic approach.



### Treatment:

- Pharmacological treatment should be individualized to symptom severity, exacerbation risk, side effects, comorbidities, and response.
- ICS as monotherapy is not recommended.

### INITIAL TREATMENT:



\* For patients with history of asthma or eosinophils  $\geq 300$

### FOLLOW-UP TREATMENT:

RECOMMENDED NEXT STEPS: DYSPNEA	
mono LABA <u>or</u> LAMA	→ combo LAMA + LABA
combo LAMA + LABA	→ different LAMA + LABA

RECOMMENDED NEXT STEPS: EXACERBATIONS	
mono LABA <u>or</u> LAMA	→ combo LAMA + LABA <u>or</u> combo ICS* + LABA + LAMA
combo LAMA + LABA	→ add ICS* (IF eosinophil >100)


\* For patients with history of asthma, or eosinophils  $\geq 300$  + 1 moderate exacerbation per year

## ASTHMA

UMPQUA HEALTH ALLIANCE PREFERRED INHALERS* (mcg/puff)		ICS DAILY DOSE (mcg)
<b>SABA</b>	<b>albuterol 90</b> (generic Ventolin®, ProAir®) <b>levalbuterol 45</b> (generic Xopenex®)	
<b>low-dose ICS</b>	<b>Qvar Redihaler® DPI 40,80</b> (beclomethasone) <b>Pulmicort Flexhaler® DPI 90,180</b> (budesonide) <b>fluticasone 44</b> (generic Flovent HFA®) <b>Flovent Diskus® 50,100</b> (fluticasone) <b>Arnuity Ellipta® 100</b> (fluticasone furoate) <b>Asmanex HFA® 100</b> (mometasone) <b>Asmanex Twisthaler® 110,220</b> (mometasone)	80-240 180-540 88-264 100-300 100 100-200 110-220
<b>combo low-dose ICS + LABA</b>	<b>budesonide/formoterol 80/4.5</b> (generic Symbicort®) <b>fluticasone/salmeterol 100/50</b> (generic Advair Diskus®) <b>Wixela® 100/50</b> (fluticasone/salmeterol) <b>fluticasone/salmeterol 55/14,113/14</b> (generic AirDuo RespiClick®)	160-320 200 200 55-113
<b>med-dose ICS</b>	<b>Qvar Redihaler® 80</b> (beclomethasone) <b>Pulmicort Flexhaler® 90,180</b> (budesonide) <b>fluticasone 110</b> (generic Flovent HFA®) <b>Flovent Diskus® 100,250</b> (fluticasone) <b>Asmanex HFA® 200</b> (mometasone) <b>Asmanex Twisthaler® 220</b> (mometasone)	240-480 540-1,080 264-440 300-500 200-400 220-440
<b>combo med-dose ICS + LABA</b>	<b>budesonide/formoterol 160/4.5</b> (generic for Symbicort®) <b>fluticasone/salmeterol 250/50</b> (generic Advair Diskus®) <b>Wixela® 250/50</b> (fluticasone/salmeterol) <b>fluticasone/salmeterol 113/14,232/14</b> (generic AirDuo RespiClick®)	320-640 500 500 113-232
<b>high-dose ICS</b>	<b>Qvar Redihaler® 80</b> (beclomethasone) <b>Pulmicort Flexhaler® 180</b> (budesonide) <b>fluticasone 110</b> (generic Flovent HFA®) <b>Flovent Diskus® 250</b> (fluticasone) <b>Arnuity Ellipta 200</b> (fluticasone) <b>Asmanex HFA® 200</b> (mometasone) <b>Asmanex Twisthaler® 220</b> (mometasone)	480-640 1,080-1,440 440-1,760 500-1,000 200 400-800 440-880
<b>combo high-dose ICS + LABA</b>	<b>fluticasone/salmeterol 250/50</b> (generic Advair Diskus®) <b>Wixela® 250/50</b> (fluticasone/salmeterol) <b>fluticasone/salmeterol 113/14,232/14</b> (generic AirDuo RespiClick®)	1,000 1,000 232-464

**IMAGES**

**HFAs/MDIs**




**DPIs**



**HANDIHALER**



**RESPIMAT**



## COPD

UMPQUA HEALTH ALLIANCE PREFERRED INHALERS* (mcg/puff)		DOSE ** FREQUENCY
<b>SABA</b>	<b>albuterol 90</b> (generic Ventolin®, ProAir®) <b>levalbuterol 45</b> (generic Xopenex®)	4x daily or PRN 4x daily or PRN
<b>SAMA</b>	<b>Atrovent® HFA 17</b> (ipratropium)	4x daily or PRN
<b>LABA</b>	<b>Striverdi® 2.5</b> (olodaterol)	1x daily
<b>LAMA</b>	<b>Incruse Ellipta® 72.5</b> (umeclidinium bromide) <b><sup>a</sup>Spiriva Handihaler® 18</b> (tiotropium bromide) <b><sup>a</sup>Spiriva Resipimat® 1.25, 2.5</b> (tiotropium bromide)	1x daily 1x daily 1x daily
<b>combo LAMA + LABA</b>	<b>Bevespi Aerosphere® 9/4.6 HFA</b> (glycopyrrolate/formoterol) <b>Stiolto Respimat® 2.5/2.5</b> (tiotropium/olodaterol) <b>Anoro Ellipta® 62.5/25</b> (umeclidinium/vilanterol)	2x daily 1x daily 1x daily
<b>combo ICS + LAMA + LABA</b>	<b><sup>b</sup>Trelegy Ellipta® 100/62.5/25,200/62.5/2</b> (fluticasone/umeclidinium/vilanterol) <b><sup>b</sup>Breztri Aerosphere HFA® 160/9/4.8</b> (budesonide/glycopyrrolate/formoterol)	1x daily 2x daily

\*Current formulary and PA guidelines available at <https://www.umpquahealth.com/pharmacy-services/>

Notes:  
<sup>a</sup>Step therapy required  
<sup>b</sup>PA required

**References:**

National Heart Lung and Blood Institute (NIH). 2020 Focused Updates to the Asthma Management Guidelines: A Report from the National Asthma Education and Prevention Program Coordinating Committee Expert Panel Working Group. December 2020.

Global Initiative for Chronic Obstructive Lung Disease (GOLD). Pocket Guide to COPD Diagnosis, Management, and Prevention. Website [https://goldcopd.org/wp-content/uploads/2023/03/POCKET-GUIDE-GOLD-2023-ver-1.2-17Feb2023\\_WMV.pdf](https://goldcopd.org/wp-content/uploads/2023/03/POCKET-GUIDE-GOLD-2023-ver-1.2-17Feb2023_WMV.pdf). Published 2023. Accessed 6/2/23.