Severe Asthma Treatment & Medications

TREATMENT SHIFTS FROM A STEPPED TO A TARGETED APPROACH

REFERRAL TO TERTIARY / SPECIALIST CARE IS OFTEN NECESSARY TO:

- Confirm diagnosis
- Optimise self-management skills
- Manage risk factors & comorbidities
- Support phenotyping for targeted therapy

MEDICATION APPROACH

Reliever

- Rapid onset
- Bronchodilator
- Symptom relief

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Controller

- Reduce inflammation
- Improve symptoms
- Reduce exacerbation risk

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Add-on Therapy

- Improve symptoms
- Reduce corticosteroid dose
- Target specific mechanisms

ADD-ON THERAPY OPTIONS

- Monoclonal antibodies (biologics)
- Macrolide antibiotics
- Long acting muscarinic antagonists (LAMAs)
- Theophylline
- Leukotriene receptor antagonists (LTRAs)
- Anti-fungals (Itraconazole)
- Bronchial thermoplasty

ADD-ON THERAPY SHOULD BE:

Trialed for a defined period of time

Ceased if no clear benefit occurs

References: McDonald et al. 2011, Gibson & McDonald 2017

Developed as part of the: SEVERE ASTHMA TOOLKIT
toolkit.severeasthma.org.au