

# GINA 2020 Guidelines **NEW!** (Preferred Rescue Inhaler for Asthmatic Patients ≥12 years)

## **NO LONGER PREFERRED: SABA**

For safety, GINA no longer recommends SABA-only treatment (e.g. albuterol or levalbuterol) for Step 1 or as the preferred reliever medication.<sup>1</sup>

## **PREFERRED: ICS-FORMOTEROL**

Direct evidence from two large studies, one showing a 64% reduction in severe exacerbations vs SABA-only treatment, support the use of budesonide-formoterol for rescue.<sup>2</sup>

► **HPSM COVERAGE:** Budesonide-formoterol is on the Medi-Cal and Healthworx formularies. Brand Symbicort inhaler is on the CareAdvantage formulary.

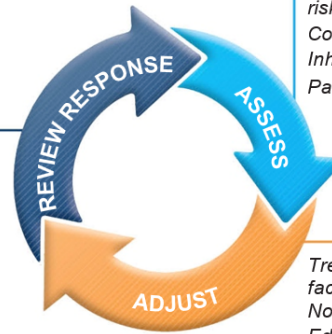
### Adults & adolescents 12+ years

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#### Personalized asthma management:

Assess, Adjust, Review response

Symptoms  
Exacerbations  
Side-effects  
Lung function  
Patient satisfaction



Confirmation of diagnosis if necessary  
Symptom control & modifiable risk factors (including lung function)  
Comorbidities  
Inhaler technique & adherence  
Patient goals

Treatment of modifiable risk factors & comorbidities  
Non-pharmacological strategies  
Education & skills training  
Asthma medications

#### Asthma medication options:

Adjust treatment up and down for individual patient needs

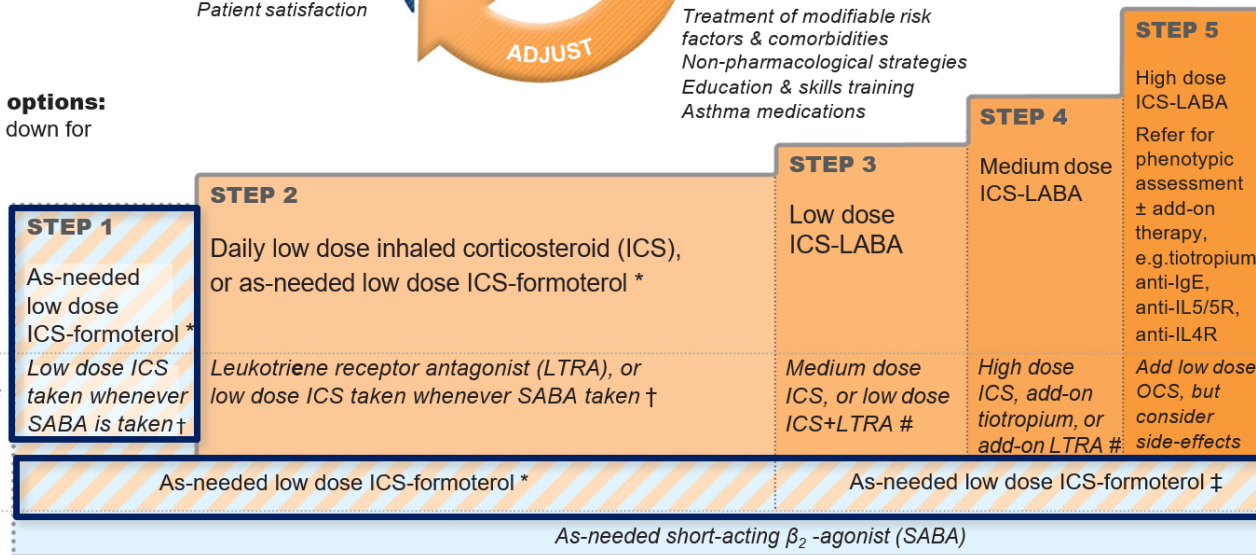
#### **PREFERRED CONTROLLER**

to prevent exacerbations and control symptoms

Other controller options

#### **PREFERRED RELIEVER**

Other reliever option



\* Off-label; data only with budesonide-formoterol (bud-form)

† Off-label; separate or combination ICS and SABA inhalers

‡ Low-dose ICS-form is the reliever for patients prescribed bud-form or BDP-form maintenance and reliever therapy

# Consider adding HDM SLIT for sensitized patients with allergic rhinitis and FEV<sub>1</sub> >70% predicted

1. Global Initiative for Asthma. 2020 GINA report global strategy for asthma management and prevention. [https://ginasthma.org/wp-content/uploads/2020/04/GINA-2020-full-report\\_-final\\_-wms.pdf](https://ginasthma.org/wp-content/uploads/2020/04/GINA-2020-full-report_-final_-wms.pdf) (Accessed June 1, 2020).

2. O'Byrne PM, FitzGerald JM, Bateman ED, Barnes PJ, Zhong N, Keen C, Jorup C, et al. Inhaled budesonide-formoterol as needed in mild asthma. *N Engl J Med* 2018;378:1865-76.