



## CLINICAL GUIDELINE

# Inhaler Device Guide for children aged 5 years to 12 years, Primary Care

A guideline is intended to assist healthcare professionals in the choice of disease-specific treatments.

Clinical judgement should be exercised on the applicability of any guideline, influenced by individual patient characteristics. Clinicians should be mindful of the potential for harmful polypharmacy and increased susceptibility to adverse drug reactions in patients with multiple morbidities or frailty.

If, after discussion with the patient or carer, there are good reasons for not following a guideline, it is good practice to record these and communicate them to others involved in the care of the patient.

<b>Version Number:</b>	1
<b>Does this version include changes to clinical advice:</b>	N/A
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### Important Note:

The Intranet version of this document is the only version that is maintained. Any printed copies should therefore be viewed as 'Uncontrolled' and as such, may not necessarily contain the latest updates and amendments.

# Primary Care Inhaler Device Guide for children aged 5 years to 12 years

Please see SIGN/BTS British Guideline (2016) on the Management of Asthma for full therapeutic guideline



PATIENTS SHOULD START TREATMENT AT THE STEP MOST APPROPRIATE TO THE INITIAL SEVERITY OF THEIR ASTHMA

CHECK ASTHMA CONTROL, INHALER TECHNIQUE AND CONCORDANCE AT EVERY REVIEW AND RECONSIDER DIAGNOSIS IF RESPONSE TO TREATMENT IS UNEXPECTEDLY POOR

Asthma Management	Prescribing Choice	No of puffs per inhaler	Cost per 200 puffs	
<b>Mild intermittent asthma</b>  <b>Short-acting beta<sub>2</sub> agonist (SABA)</b>	1st <b>Salbutamol CFC free inhaler</b> <b>Aerosol (MDI) +/- spacer* 100 micrograms, one to two puffs when required</b>	<b>200</b>	<b>£1.50</b>	
	2nd Salbutamol Easyhaler® Dry powder inhaler 100 micrograms, one to two puffs when required	200	£3.31	
	3rd Ventolin Accuhaler® (salbutamol) Dry powder inhaler 200 micrograms, one puff when required	60	£12.00	
	4th Bricanyl Turbohaler® (terbutaline) Dry powder inhaler 500 micrograms, one puff when required	120	£13.83	
			<b>Cost per 200 puffs</b>	<b>Notes:</b>
<b>Regular preventer therapy</b>  <b>Inhaled Corticosteroid (ICS)</b>  (dose equivalent to 200 to 400 micrograms of BDP daily)	1st <b>Clenil Modulite® (beclometasone)</b> <b>Aerosol (MDI) +/- spacer* 50 micrograms, two puff(s) twice daily</b>	<b>200</b>	<b>£3.70</b>	100mcg twice daily of traditional beclometasone is an appropriate starting dose for many patients  Budesonide Easyhaler® is licensed from 6 yrs **  Flixotide Accuhaler® is licensed from 5 yrs **  Pulmicort Turbohaler® is licensed from 5 yrs **
	<b>Clenil Modulite® (beclometasone)</b> <b>Aerosol (MDI) +/- spacer* 100 micrograms, one to two puff(s) twice daily</b>	<b>200</b>	<b>£7.42</b>	
	2nd Budesonide Easyhaler® Dry powder inhaler 100 micrograms, one to two puff(s) twice daily	200	£8.86	
	3rd Flixotide Accuhaler® (fluticasone propionate) Dry powder inhaler 50 micrograms, one to two puff(s) twice daily	60	£13.33	
4th Pulmicort Turbohaler® (budesonide) Dry powder inhaler 100 micrograms, one to two puff(s) twice daily	200	£14.25		
			<b>Cost over 30 days</b>	
<b>Initial add on therapy:</b>  <b>Combined ICS &amp; Long-acting beta<sub>2</sub> agonist (LABA)</b>  (ICS dose equivalent to 400 micrograms of BDP daily)	1st <b>Seretide® 50 Evohaler</b> <b>(fluticasone propionate/salmeterol)</b> <b>Aerosol (MDI) +/- spacer* two puffs twice daily</b>	<b>120</b>	<b>£18.00</b>	Seretide Evohaler® is licensed from 4 yrs **
	2nd Seretide® 100 Accuhaler (fluticasone propionate/salmeterol) Dry Powder Inhaler one puff twice daily	60	£18.00	Seretide Accuhaler® is licensed from 4 yrs **
	3rd <b>Symbicort 100/6 Turbohaler®</b> <b>(budesonide/formoterol)</b> <b>Dry Powder Inhaler two puffs twice daily</b>	<b>120</b>	<b>£28.00</b>	Symbicort Turbohaler® is licensed from 6 yrs **
<b>Increase ICS</b> Dose equivalent to > 400microgram BDP daily	<b>REFER TO SECONDARY CARE BEFORE INCREASING ICS TO &gt; 400MCG BDP DAILY (OR EQUIVALENT).</b>			

\* Spacers of 1st choice for children 5 to 12 years: Yellow Aerochamber with mask or Blue Aerochamber (with or without mask)  
Spacer of 2nd choice for children 5 to 12 years: Volumatic  
\*\* See Summary of Product Characteristics (SPC) for further information

**Abbreviations:**

MDI: metered dose inhaler  
BDP: traditional beclometasone

Costs taken from BNF Online 16/04/2019  
For dose equivalencies and other prescribing/licensing information please see BNF or individual SPC for guidance

NHSGG&C Prescribing Support Disclaimer:

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