



Calculating average daily dose of ICS/formoterol when using MART

No of inhalers in last 12 months x No of doses per inhaler

365

If it is less than 12 months since the inhaler was started choose the number of inhalers in 6 or 3 months for example and multiply by no of doses per inhaler then divide by 182.5 for 6 months or 91.25 for 3 months. It is better to use as long a duration of treatment as possible to get a better picture of overall use.

Patients on low dose MART - Fostair 100/6 1 puff BD plus PRN

Average daily dose < 4 = suggests patient is using no more than medium dose ICS. Above this highlights the need to review as patients' asthma may not be well controlled on the low dose MART.

Patients on medium dose MART – Fostair 100/6 2 puffs BD plus PRN

Average daily dose < 5 = pragmatically this means that the patient is using less than one additional dose per day and is not taking doses suggestive of high dose therapy. Above this there is a risk that the patient's asthma is not well controlled and their inhaled steroid use is potentially high dose.

These are recommendations and it is best to use the patients' individual circumstances when deciding if a full review is necessary or whether the patient can be safely switched onto Proxor 100/6 after a telephone discussion.

3+ SABA in last 12 months

This is a guide to assess overall asthma control. Anyone using 3+ SABA in 12-month period is using over 11 puffs of their reliever weekly highlighting poor asthma control. Please use this as a guide, check records to see if SABA over reliance has been discussed in the previous 12 months and consider checking with patient if inhalers collected equate to inhalers used. If you are satisfied that there is no risk from SABA over-reliance to the patient, you may wish to switch to Proxor using an appropriate method and in agreement with the patient.

<https://www.gov.uk/government/news/patients-with-asthma-reminded-of-the-increased-risk-of-severe-asthma-attacks-from-overusing-blue-inhalers>

Asthma Control Test (ACT)

Provides a numerical score to determine whether a patient's asthma symptoms are well controlled. An ACT score <20 suggests asthma may not be controlled as well as it could be.

Starting MART regimens

See 'Previously established treatment regimens' in SY adult asthma guideline for further information.

When starting MART regimens, it is important to make sure the patient understands their new treatment regimen and that MART is a SABA free regimen.

Stop SABA on repeat.

Use a MART personalised asthma action plan - [PCRS MART Plan](#)

Also see 'Adult MART Important Information for Beclometasone/Formoterol Combinations' in SY adult asthma guideline.

Flow chart 2: Patients aged 18 years and older on **Fostair 200/6 pMDI** for asthma only

