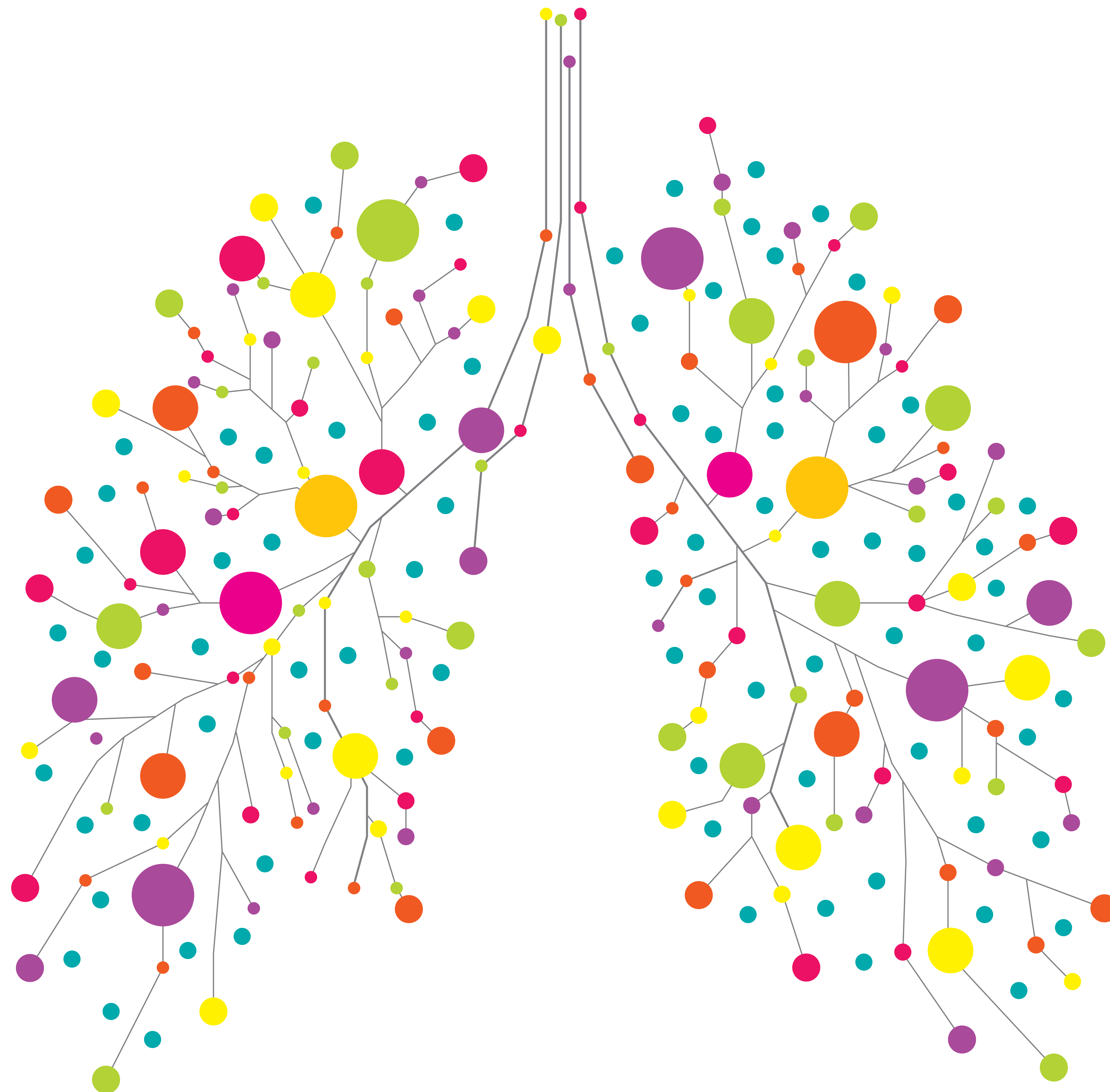


NEW:

When To Start Daily ICS Therapy in Patients with Mild Asthma – New Canadian Guidance



Yang CL, Hicks EA, Mitchell P et al.
Canadian Journal of Respiratory,
Critical Care, and Sleep Medicine. 2021.

**2021 Canadian Thoracic Society Guideline
– A focused update on the management
of very mild and mild asthma**



Exacerbation
Risk

Asthma
Control
Criteria

Initiating
Daily
ICS

Summary

2021 Canadian Thoracic Society Guideline

- Applies to all patients >1 year of age with an asthma diagnosis
- Currently managed with PRN SABA or no asthma medication

NEW requirement to also evaluate exacerbation risk

Patients are at higher risk for exacerbations with one or more of the following:

- Previous severe exacerbation
- Poorly controlled asthma
- SABA overuse
- Current smoking



Exacerbation
Risk

Asthma
Control
Criteria

Initiating
Daily
ICS

Summary

NEW more stringent criteria to assess well-controlled asthma

Patients must meet all of the criteria below to be well-controlled¹

Characteristic	Frequency or value
Daytime symptoms	≤2 days/week
Nighttime symptoms	<1 night/week and mild
Physical activity	Normal
Exacerbations	Mild and infrequent
Absence from work or school due to asthma	None
Need for a reliever (SABA or bud/form)	≤2 doses per week
FEV ₁ or PEF	≥90% of personal best
PEF diurnal variation	<10-15%
Sputum eosinophils	<2-3%

A patient who meets all of the above criteria would be considered to have well-controlled asthma.

© Owned by the Canadian Thoracic Society, <https://cts.lung.ca/>, reprinted by permission of Taylor & Francis Ltd, <http://www.tandfonline.com> on behalf of The Canadian Thoracic Society.



Exacerbation
Risk

Asthma
Control
Criteria

Initiating
Daily
ICS

Summary

Who should be initiated on daily maintenance ICS for asthma control?

Based on the available evidence, the CTS Guideline recommends daily maintenance ICS therapy for:

- Patients on PRN SABA with poorly controlled asthma
- Patients with well-controlled asthma but at increased risk for exacerbations
- Patients well-controlled on PRN SABA and at low risk of exacerbations but seeking better control of their asthma and a reduced risk of exacerbations

“We recommend that all individuals on PRN SABA with poorly-controlled asthma take a daily ICS + PRN SABA instead of PRN SABA or PRN bud/form.¹”
(Strong recommendation)

2021 CTS Guideline for Very Mild and Mild Asthma



Exacerbation
Risk

Asthma
Control
Criteria

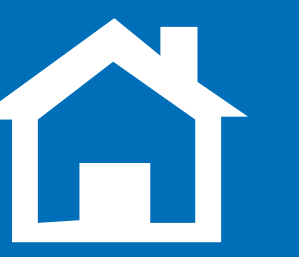
Initiating
Daily
ICS

Summary

2021 CTS Guideline – A focused update on the management of very mild and mild asthma

KEY Highlights

	NEW
Stringent new criteria for asthma control	✓
Assess patients for ongoing risk of exacerbation	✓
Continued use of SABA as first-choice reliever	✓
Clear direction on initiating daily ICS in patients with mild asthma who are: <ul style="list-style-type: none">• Uncontrolled on PRN SABA• Well controlled on PRN SABA but at higher risk of exacerbation• Well controlled on PRN SABA with a low risk of exacerbation but seeking better asthma control and reduced risk of exacerbation	✓



Exacerbation Risk

Asthma Control Criteria

Initiating Daily ICS

Summary

