

The new Maintenance And Reliever Therapy licence for children aged 6-11



A PCRS summary

What

Symbicort Turbohaler 100/6 (6-11)

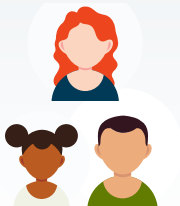
Budesonide and formoterol combination inhaler used as maintenance and reliever therapy (MART)



Who

Children with asthma aged from 6 to 11 years old, who are not controlled on paediatric low dose inhaled corticosteroid (ICS).

They must have been assessed to be able to use a dry powder inhaler, as well as understand the MART regimen.



When

Consider this MART inhaler for children who are not controlled on paediatric low dose ICS, and you are considering other options.

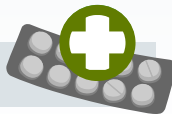
Uncontrolled asthma:



Using their SABA reliever inhaler 3+ times a week

Waking in the night (due to their asthma)

Prescribed a course of oral corticosteroids



Maintenance dose: 1 puff daily, taken in the morning or evening. (Some children may need a maintenance dose of 1 puff TWICE a day).

Using as a reliever: 1 puff may be taken in response to symptoms. If, after a few minutes, the patient does not feel better, 1 additional puff can be taken, with no more than 4 puffs taken at a single time.

Maximum total daily dose: A total daily dose of more than 4 puffs is not normally needed; however, a total daily dose of up to 8 puffs could be used for a limited period. Patients using more than 4 puffs daily should be strongly recommended to seek medical advice. No more than 8 puffs should be taken in total in 24 hours

How

PCRS recommends that:



The healthcare professional (HCP) explaining, prescribing and implementing the MART regimen is trained to tier 3 level or above according to the [National Capabilities Framework for Professionals who Care for Children and Young People with Asthma](#).



A formal assessment of the child's ability to generate adequate inspiratory flow for the device to be used is undertaken (e.g. using the Incheck DIAL G 16 or inhaler device whistle).



As with all asthma management in children, extra time should be allocated for consultations to allow for adequate explanation and education of the MART regimen to patients and carers and to complete an associated [MART asthma action plan](#).



Initially, patients should be closely monitored to ensure patient and carer understanding of the treatment, appropriate inhaler technique, effectiveness of the regimen and review of inhaler usage/potential side effects of steroid use.

PCRS has a [range of tools, resources and webinar recordings](#) on MART and you can also download additional information from the [manufacturer's website](#) including action plans, patient leaflets and prescribing information.



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