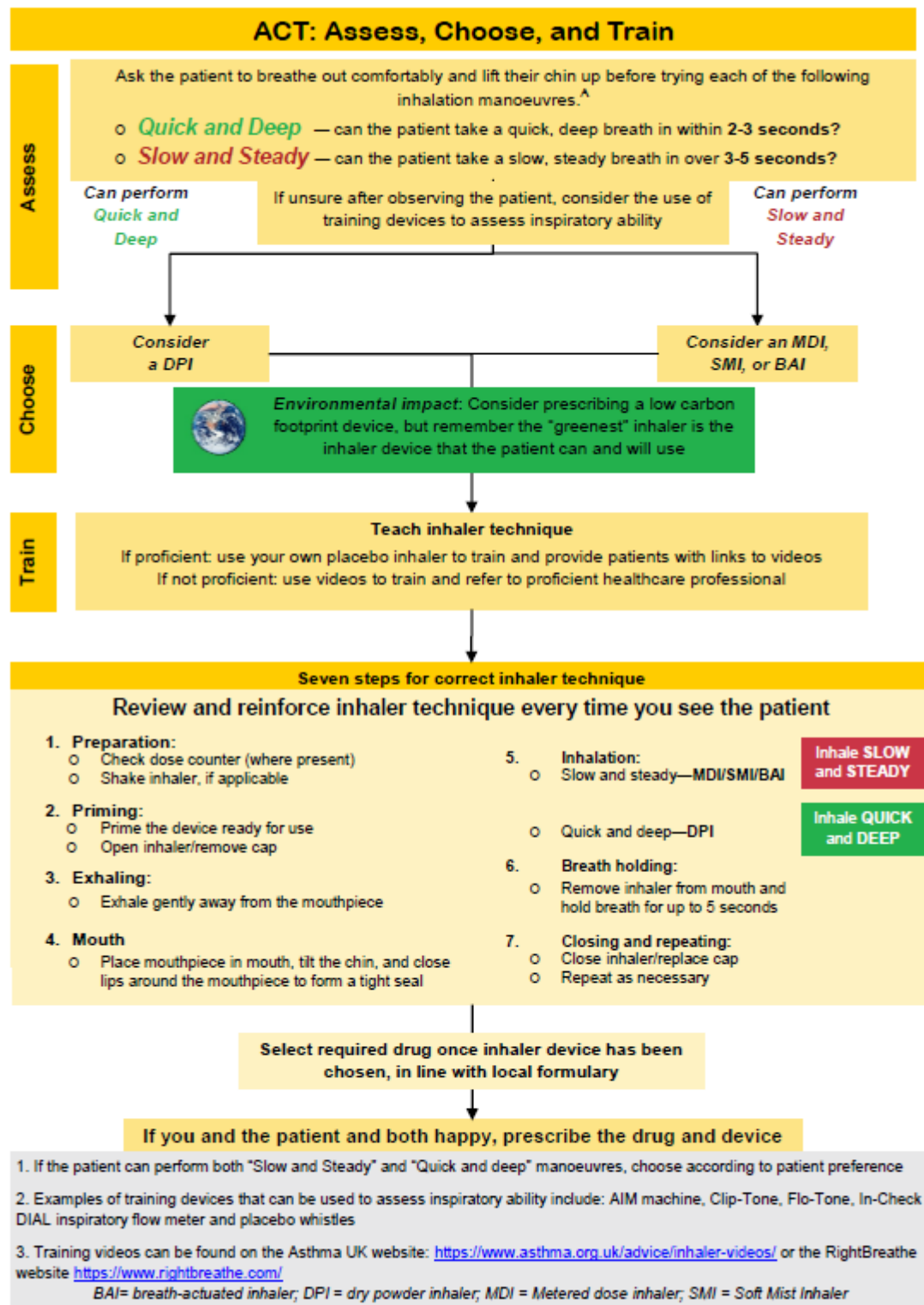


## Local Inhaler Options for asthma within Bradford District and Craven NHS CCG area

Use the ACT flowchart<sup>[1]</sup> to choose initial inhaler device.













Encourage patients to discuss with pharmacist or prescriber if unable to use and they wish to try an alternative

# LABA/ICS Inhaler Treatment for Asthma

Below are combination inhalers shown at different steroid doses, with the equivalent ICS-only inhaler for step down



Working together for Bradford district and Craven  
Airedale NHS Foundation Trust  
Bradford District Care NHS Foundation Trust  
Bradford Teaching Hospitals NHS Foundation Trust  
NHS Bradford District and Craven CCG


Brand Name And Device	Ingredients and inhaler type	Low Steroid Dose (step 2)	Medium Steroid Dose (step 3)	High Steroid Dose (step 4)	Sample image	Equivalent for stepdown to ICS – only (step 1)
<b>DuoResp</b> <u><a href="#">Spiromax</a></u> (Easi-breathe style dry powder device)	Budesonide / Formoterol DPI	160 / 4.5 <b>1 BD</b> £13.99	160 / 4.5 <b>2 BD</b> £27.97	320 / 9 <b>2 BD</b> £55.94		No ICS only Spiromax QVAR 100 easi-breathe <b>1 BD</b> Counsel on different device
<b>Flutiform</b> <u><a href="#">MDI</a></u> Existing patients only	Fluticasone / Formoterol MDI	50/5 <b>2 BD</b> £14.40	125/5 <b>2 BD</b> £28	250/10 <b>2 BD</b> £45.56		Fluticasone MDI 125 <b>1 BD</b>
<b>Fobumix</b> <u><a href="#">Easyhaler</a></u>	Budesonide / Formoterol DPI	160 / 4.5 <b>1 BD</b> £10.75	160 / 4.5 <b>2 BD</b> £21.50	320 / 9 <b>2 BD</b> £43.00		Beclometasone easyhaler 200 <b>1 BD</b>
<b>Fostair</b> <u><a href="#">NEXThaler</a></u>	Beclometasone / Formoterol DPI	100 / 6 <b>1 BD</b> £14.66	100 / 6 <b>2 BD</b> £29.32	200/6 <b>2 BD</b> £29.32		No ICS only NEXThaler Beclometasone easyhaler 100 <b>2 BD</b> Counsel on different device
<b>Fostair</b> MDI	Beclometasone / Formoterol MDI	100 / 6 <b>1 BD</b> £14.66	100 / 6 <b>2 BD</b> £29.32	200/6 <b>2 BD</b> £29.32		Clenil Modulite 100 <b>2 BD</b>
<b>Relvar</b> Ellipta	Fluticasone furoate Vilanterol / DPI		92 / 22 <b>1 OD</b> £22.00	184 / 22 <b>1 OD</b> £29.50		No ICS only Ellipta Beclometasone easyhaler 100 <b>2 BD</b> Counsel on different device
<b>Seretide</b> Accuhaler Existing patients only	Fluticasone / Salmeterol DPI		250 / 50 <b>1 BD</b> £33.95	500 / 50 <b>1 BD</b> £32.74		Flixotide Accuhaler 100 <b>1 BD</b>
<b>Seretide</b> Evohaler Existing patients only	Fluticasone / Salmeterol MDI	50/25 <b>2 BD</b> £17.46	125 / 25 <b>2 BD</b> £23.45	250 / 25 <b>2 BD</b> £29.32		Flixotide MDI 125 <b>1 BD</b>
<b>Sereflo or Sirdupla</b> MDI (Equivalent to seretide)	Fluticasone / Salmeterol MDI		125 / 25 <b>2 BD</b> £23.45	250/ 25 <b>2 BD</b> £29.32		Flixotide MDI 125 <b>1 BD</b>
<b>Symbicort</b> Turbohaler Existing patients only	Budesonide / Formoterol DPI	100 / 6 <b>2 BD</b> £28.00	200 / 6 <b>2 BD</b> £28.00	400 / 12 <b>2 BD</b> £28.00		Pulmicort turbohaler 100/6 <b>2 BD</b>
<b>Steroid card required?</b>		Not normally	Suggested	Yes		Not normally
<b>Trimbow</b> MDI	Beclometasone / Formoterol/ Glycopyrronium MDI		87 / 5 / 9 <b>2 BD</b> £44.50		Licenced 2021 for asthma inadequately controlled with regular medium dose ICS/LABA and who experienced 1+ exacerbation in the previous year. Consider as a potential step up from medium dose steroid	

All doses in micrograms. Prices are 30 days treatment costs using Drug Tariff or NHS indicative prices correct as of July 2021. Blue text indicates electronic copies have links are to company information on how to use the device.  
<https://www.rightbreathe.com/> and <https://www.asthma.org.uk/advice/inhaler-videos/> provide independent training videos and further information of all devices. See right breathe for age restrictions on licences for paediatric patients. Bradford and Craven Asthma Guideline July 2021. Do not use after July 2023

**MDIs = Slow and Steady**  
**DPI = Quick and Deep**  
DPIs are 8–36 kg CO<sub>2</sub> equivalent less per inhaler than an MDI <sup>[2]</sup>.

## LAMA Inhaler treatment for asthma

(For use in patients with severe asthma following respiratory specialist recommendation)

Brand Name And Device	Ingredients and inhaler type	Dose	Sample image
<b>Spiriva</b> <a href="#">Respimat</a>	Tiotropium Soft mist inhaler	2.5mg <b>2 OD</b> £23	

### Management of Asthma follows a stepwise progression

1. Low dose inhaled corticosteroids (ICS) with Short-acting Bronchodilator (SABA)
2. Combination of Low dose ICS / Long Acting Beta2agonist (LABA)  
*Either as MART regimen or with SABA PRN*
3. Combination of Moderate dose ICS / LABA  
*Either as MART regimen or with SABA PRN*
4. Referral to secondary care for assessment *and either*  
Combination of High dose ICS /LABA *or*  
Combination of Medium dose ICS/LABA/LAMA (e.g. Trimbow MDI)

The following combination of inhalers are not recommended locally:

- Flutiform K-haler, Symbicort MDI, Trixeo Aerosphere – due to the propellant having a high carbon footprint
- Fusacomb easyhaler (as equivalent to Seretide, but in easyhaler device)
- Airflusal, Aloflute, Combisal (equivalent to Seretide MDI, other options established locally)
- Stalplex (Seretide accuhaler equivalent, other options established locally)

## Abbreviations

DPI Dry Powder Inhaler	BD: Twice daily	ICS: Inhaled Corticosteroid
MDI Metered Dose Inhaler	OD: Once daily	

## Document Control

Steering Group/Authors: Kevin Frost (ANHSFT), Amy Vigar (BTHFT), Dr Katherine Hickman (GP) and Claire Kilburn (BDC CCG)

Version 1

Approved by Joint Formulary Group 08 June 2021

## References

- [1] Usmani, Capstick, Saleem and Scullion, "Choosing an appropriate inhaler device for the treatment of adults with asthma or COPD," July 2020. [Online]. Available: <https://www.guidelines.co.uk/respiratory/inhaler-choice-guideline/455503.article?adredir=1>. [Accessed 07 June 2021].
- [2] A. J. K. Wilkinson, R. Braggins, I. Steinbach and J. Smith, "Costs of switching to low global warming potential inhalers. An economic and carbon footprint analysis of NHS prescription data in England," *BMJ Open*, p. e028763, 2019;9:.