

# The Pediatrician's Ready Reference Guide

Current NHLBI guidelines on assessing and monitoring asthma control

**TABLE 1 CLASSIFYING ASTHMA SEVERITY & INITIATION OF TREATMENT BY AGE**

COMPONENTS OF SEVERITY		INTERMITTENT			PERSISTENT								
					MILD			MODERATE			SEVERE		
AGE IN YEARS		0-4	5-11	>12	0-4	5-11	>12	0-4	5-11	>12	0-4	5-11	>12
IMPAIRMENT	Symptoms	≤2 days/week			≤2 days/week but not daily			Daily			Throughout the day		
	Nocturnal symptoms	0	≤2x/month		1-2x/month	3-4x/month		3-4x/month	≥1x/week		≥2x/week	Often 7x/week	
	SABA use	≤2 days/week			≥2 days/week			Daily			Several times/day		
	Interferes with normal activity	None			Minor			Some			Extremely		
	PFT	FEV <sub>1</sub>	n/a	>80%		n/a	80%		n/a	60%-80%		n/a	<60%
	FEV <sub>1</sub> /FVC	n/a	>85%	Normal ratio	n/a	>80%	Normal ratio	n/a	75%-80%	Reduced by >5%	n/a	<75%	Reduced by >5%
RISK	Exacerbations requiring systemic corticosteroids	0-1x/year			≥2x/6 months OR >4x/year + risk factors			→			→		
RECOMMENDED STEP FOR INITIATING TREATMENT		STEP 1			STEP 2			STEP 3			STEP 3		STEP 4 OR STEP 5

Abbreviation: FEV, forced expiratory volume; FVC, forced vital capacity; PFT, pulmonary function test; NHLBI, National Heart, Lung, and Blood Institute; SABA, short-acting beta agonist.

From Reddy AP, et al.<sup>4</sup>