



# Clinical Practice Guideline for the Management of Asthma in Children and Adults

## Initial Assessment of Asthma Severity

SEVERITY (Assess over a period of at least 4-6 weeks)		Classifying Asthma Severity and Initiating Therapy			
		Intermittent	Persistent		
			Mild	Moderate	Severe
<b>Impairment</b>	Symptoms	≤ 2 days/week	> 2 days/week but not daily	Daily	Throughout the day
	Nighttime awakenings	≤ 2 x/month	> 2x/month	> 1x/week but not nightly	Nightly
	Use of quick-relief for symptom control	≤ 2 days/week	> 2 days/week but not daily, and not more than once on any day	Daily	Several times/day
	Interference with normal activity	None	Minor limitation	Some limitation	Extremely limited
Lung Function: Normal FEV1/FVC: ≤ 19 yr - 85% 20-39 yr - 80% 40-59 yr - 75%	FEV1	> 80% predicted Normal between exacerbations	> 80% predicted Normal between exacerbations	60-80% predicted	<60% predicted
	FEV1/FVC	Normal	Normal	Abnormal	Abnormal
<b>Risk</b>	Exacerbations requiring systemic corticosteroids (consider severity and interval since last episode)	0-1 x/year	Age 0-4 years: ≥ 2 exacerbations in 6 months requiring oral or intravenous corticosteroids, OR > 4 wheezing episodes/1 year lasting >1 day AND risk factors for persistent asthma		
			Age ≥5 years and adult: ≥ 2 exacerbations per year requiring oral or intravenous corticosteroids		

Modified from NHLBI 2007 and GINA 2007 guidelines.