

## SINGLE MAINTENANCE AND RELIEVER THERAPY (SMART) IMPLEMENTATION GUIDANCE AND CONSIDERATIONS FOR SHARED DECISION MAKING

- **Target population:** Individuals 4 years and older with a severe exacerbation in the prior year are particularly good candidates for SMART to reduce exacerbations.
- **Who should not receive this treatment:** Do not use ICS-formoterol as reliever therapy in individuals taking ICS-salmeterol as maintenance therapy.
- **Treatment:** Inhaled ICS-formoterol in a single inhaler. This form of therapy has only been studied with formoterol as the long-acting beta<sub>2</sub>-agonist (LABA).
  - ✓ SMART is appropriate for Step 3 (low-dose ICS) and Step 4 (medium-dose ICS) treatment.
  - ✓ Individuals whose asthma is uncontrolled on maintenance ICS-LABA with SABA as quick-relief therapy should receive the preferred SMART if possible before moving to a higher step of therapy.
  - ✓ ICS-formoterol should be administered as maintenance therapy with 1–2 puffs once or twice daily (depending on age, asthma severity, and ICS dose in the ICS-formoterol preparation) and 1–2 puffs as needed for asthma symptoms.
  - ✓ Maximum number of puffs per day is 8 (36 mcg formoterol) for children ages 4–11 years and 12 (54 mcg formoterol) for individuals ages 12 years and older.
  - ✓ Advise individuals to contact their physician if they need to exceed maximum number of puffs.
  - ✓ Dose of formoterol was based on 4.5 mcg/inhalation, the most common preparation used in the studies reviewed.
- **Potential benefits:** In studies this treatment consistently reduced asthma exacerbations requiring unscheduled medical visits or systemic corticosteroids and in some studies improved asthma control and quality of life. Reduced exposure to oral corticosteroids and to ICS treatment suggest that the intervention might reduce future corticosteroid-associated harms.
- **Potential risks:** Studies found no difference in documented harms between this type of therapy and daily ICS, or ICS-LABA, with SABA as quick relief therapy.
- **Other considerations:**
  - ✓ In children ages 4–11 years, there may be a lower risk of growth suppression among those taking SMART versus daily higher-dose ICS treatment.
  - ✓ This recommendation might not be appropriate for some individuals with asthma because of cost, formulary considerations, or medication intolerance.
  - ✓ A 1-month supply of ICS-formoterol medication that is sufficient for maintenance therapy may not last a month if the inhaler is used for reliever therapy as well.

