

## Questions for prescriber/dispenser to ask themselves and a person with asthma

1 Using this slide rule, how much short-acting beta2 agonist (SABA) also known as reliever/rescue/ salbutamol/albuterol inhaler would you think is acceptable for a person with asthma to take in a year, week or day before you thought a review was necessary? What made you choose that?



Number of SABA inhalers Rx per year

Puffs of SABA used per year

Puffs of SABA used per week

Puffs of SABA used per day

Increasing SABA use\*

|     |     |     |     |      |      |      |      |      |      |      |      |
|-----|-----|-----|-----|------|------|------|------|------|------|------|------|
| 1   | 2   | 3   | 4   | 5    | 6    | 7    | 8    | 9    | 10   | 11   | 12   |
| 200 | 400 | 600 | 800 | 1000 | 1200 | 1400 | 1600 | 1800 | 2000 | 2200 | 2400 |
| 4   | 8   | 12  | 15  | 19   | 23   | 27   | 31   | 35   | 39   | 42   | 46   |
| <1  | 1   | 2   | 2   | 3    | >3   | 4    | >4   | 5    | 6    | >6   | 7    |

Symptoms

\*Some devices do not contain 200 puffs. Check the number in the devices you prescribe/dispense or use, and modify these messages accordingly

**Suggestion:** Try asking a person with asthma question 1 afftter asking the ACT™ \*\* question\*\*\*:

During the past 4 weeks, how often have you used your rescue inhaler or nebulizer medication (such as albuterol):  
3 or more times per day/ 1 or 2 times per day/ 2 or 3 times per week/ Once a week or less/ Not at all

\*\*Asthma Control Test ™ \*\*\* [www.nhp.org/provider/asthma/Survey\\_ACT\\_adult\\_EN.pdf](http://www.nhp.org/provider/asthma/Survey_ACT_adult_EN.pdf)

Updated February 2023



## ASTHMA SLIDE RULE

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What made you select [number]? What would have made it a higher number [eg 8]?

2 How confident do you feel to have a conversation about reducing the dose?

1 How important is it that you organise a review? What made you select [number]? What would have made it a higher number [eg 8]?

0 = Not at all important/confident

0

1

2

3

4

5

6

7

8

9

10

Extremely important/confident = 10

To get started, slide the card all the way into the cover



**Note**  
For safety, the Global Strategy for Asthma Management and Prevention 2021 ([www.ginasthma.org](http://www.ginasthma.org)) no longer recommends treatment of asthma in adults and adolescents with short-acting beta2-agonists (SABA) alone, without inhaled corticosteroids (ICS). There is strong evidence that SABA-only treatment, although providing short-term relief of asthma symptoms, does not protect patients from severe exacerbations, and that regular or frequent use of SABA increases the risk of exacerbations.

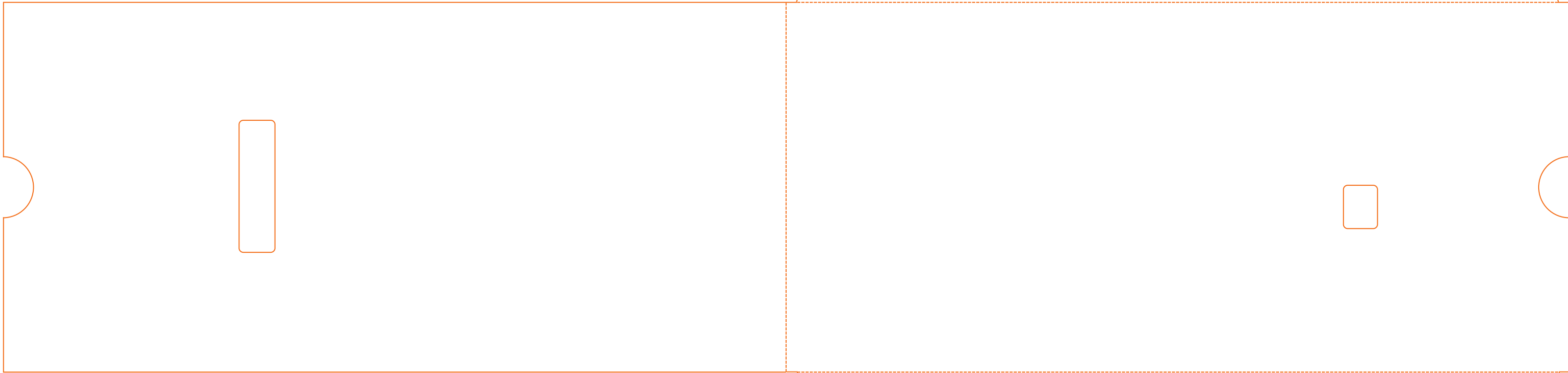
## Questions for prescriber to ask themselves and a person with asthma

Reflecting on your answer to Question 1, and using the number scale 0-10 below, slide to the number that reflects:

1 How important is it that you organise a review? What made you select [number]? What would have made it a higher number [eg 8]?

2 How confident do you feel to have a conversation about reducing the dose?

What made you select [number]? What would have made it a higher number [eg 8]?



|     |     |     |     |      |      |      |      |      |      |      |      |
|-----|-----|-----|-----|------|------|------|------|------|------|------|------|
| 1   | 2   | 3   | 4   | 5    | 6    | 7    | 8    | 9    | 10   | 11   | 12   |
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Asthma Right Care Guidance Notes available at [www.ipcrg.org/asthmarightcare](http://www.ipcrg.org/asthmarightcare)

Created and designed by International Primary Care Respiratory Group (IPCRG: [www.ipcrg.org/aboutus](http://www.ipcrg.org/aboutus)).

IPCRG received funding from AstraZeneca to develop the Asthma Right Care Initiative.



|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

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