

Algorithm D: Pharmacological management of asthma in children aged 5 to 11 years

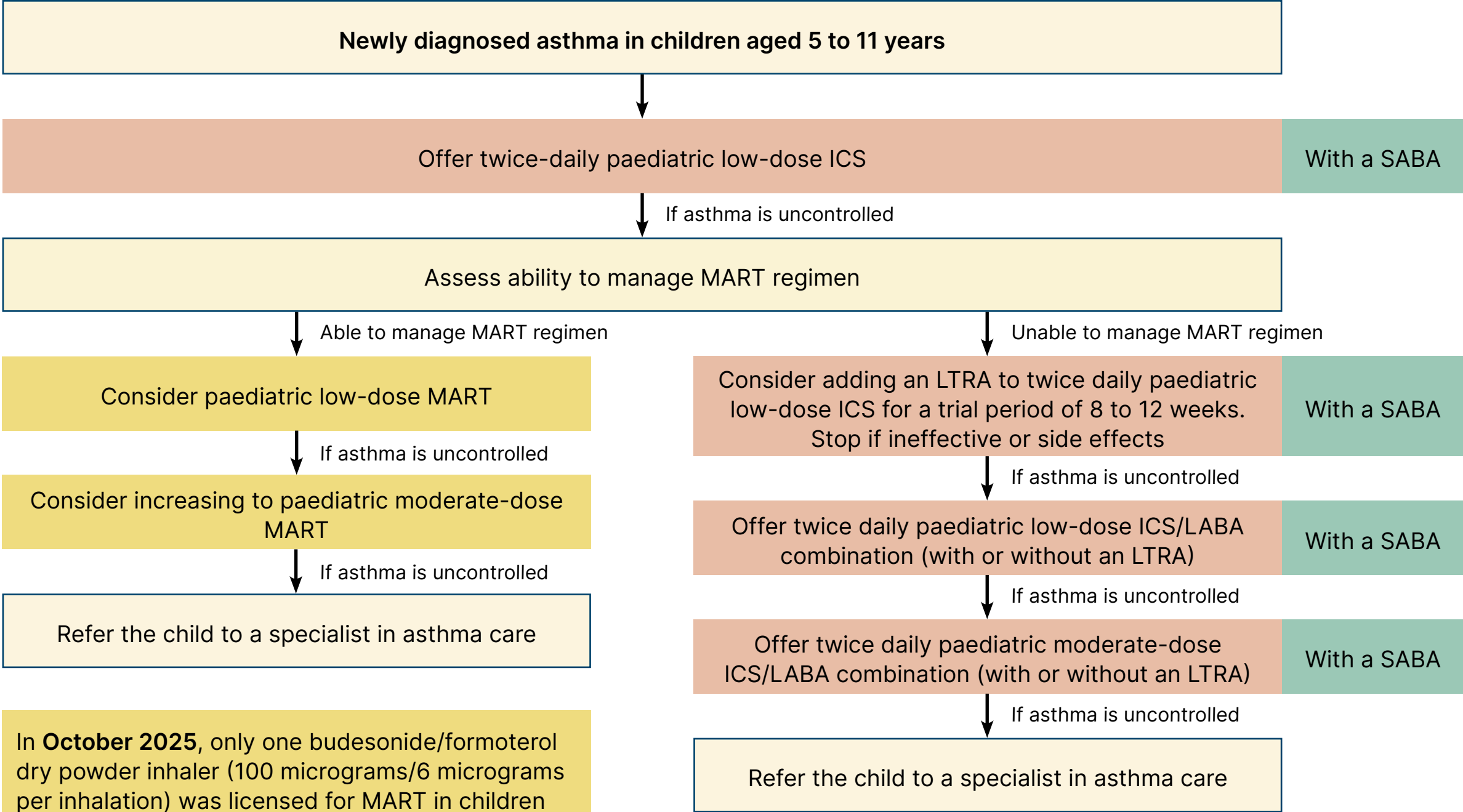
BTS, NICE and SIGN guideline on asthma

Take into account and try to address the possible reasons for uncontrolled asthma before starting or adjusting medicines for asthma.
For example: alternative diagnoses or comorbidities; suboptimal adherence; suboptimal inhaler technique; active or passive smoking (including e-cigarettes); psychosocial factors; seasonal factors; environmental factors (such as air pollution and indoor mould exposure)

Symptom relief

MART

Maintenance therapy



For guidance on dosages for paediatric low-dose ICS, see [inhaled corticosteroid doses for the BTS, NICE and SIGN asthma guideline](#)

In **October 2025**, only one budesonide/formoterol dry powder inhaler (100 micrograms/6 micrograms per inhalation) was licensed for MART in children aged 6 to 11 years. The use of any other ICS/formoterol inhalers for MART in children under 12 would therefore be off-label.



Uncontrolled asthma:
Any exacerbation requiring oral corticosteroids **or** frequent regular symptoms (such as using reliever inhaler 3 or more days a week or night-time waking 1 or more times a week)