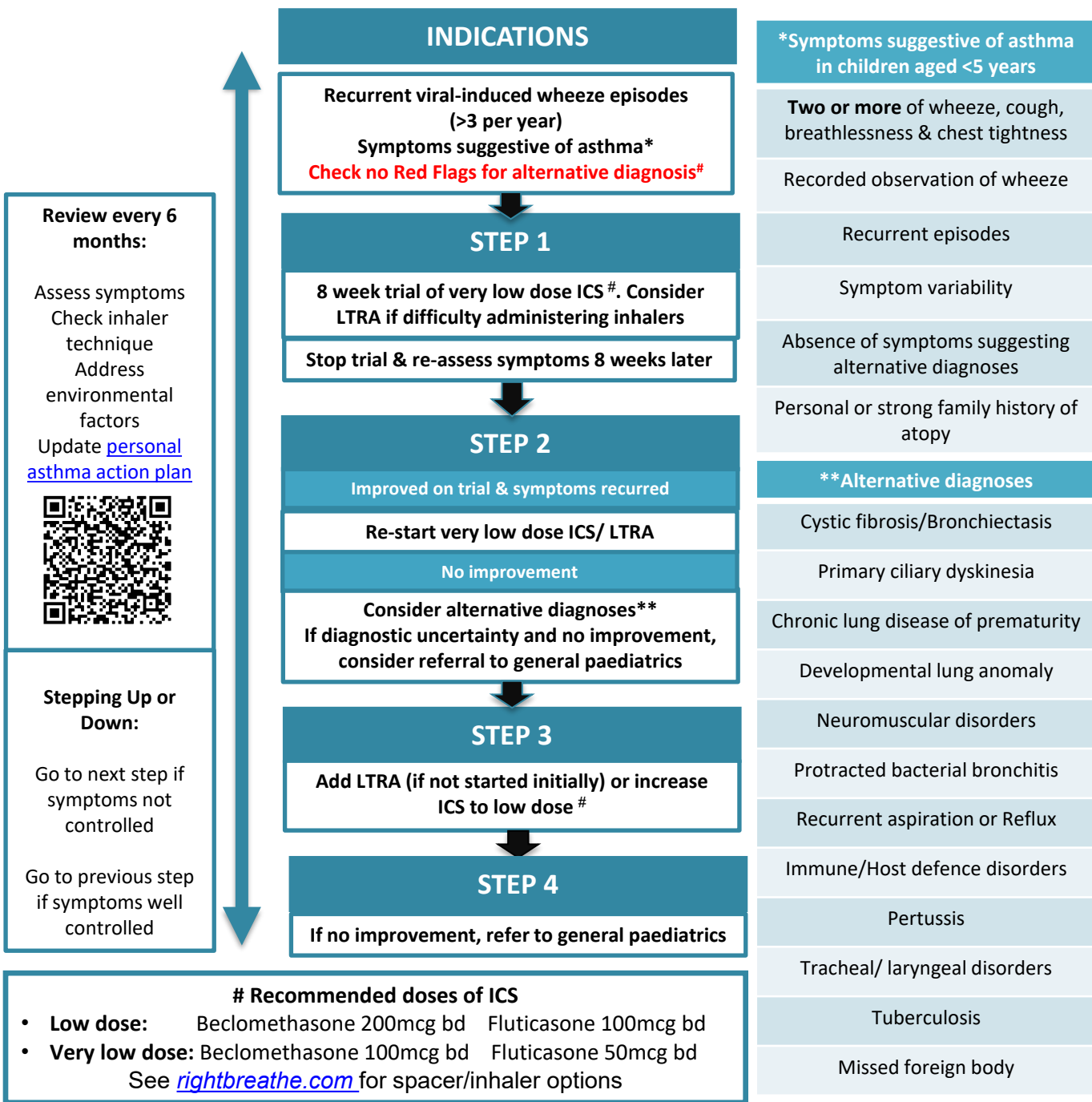


# Managing Recurrent Wheeze/Asthma in Children aged < 5 years (primary care)



**Review every 6 months:**

Assess symptoms  
 Check inhaler technique  
 Address environmental factors  
 Update [personal asthma action plan](#)

**Stepping Up or Down:**

Go to next step if symptoms not controlled

Go to previous step if symptoms well controlled

**# Recommended doses of ICS**

- Low dose:** Beclomethasone 200mcg bd Fluticasone 100mcg bd
- Very low dose:** Beclomethasone 100mcg bd Fluticasone 50mcg bd

See [rightbreathe.com](http://rightbreathe.com) for spacer/inhaler options

**#Red Flags for alternative diagnoses**

Failure to thrive, unexplained clinical findings (e.g. focal signs, abnormal voice or cry, dysphagia, inspiratory stridor), symptoms since birth, perinatal respiratory problems, excessive vomiting, severe URTIs, persistent wet or productive cough, nasal polyps, family history of unusual respiratory disease

**ICS – Inhaled corticosteroid; LTRA – Leukotriene receptor antagonist; URTI – Upper respiratory tract infection**

Based on guidance from Wessex Paediatric Respiratory Network, Sebastian Gray, Graham Roberts, V4 14 11 2020