

AIR and MART in Asthma Management:









Licensed devices for use in Children and Young People

What is AIR?

AIR stands for **A**nti-Inflammatory **R**eliever and involves using a combination inhaler (inhaled corticosteroid/Formoterol) as a monotherapy, with no maintenance therapy. This is licensed for people 12 years and over and is useful in patients with infrequent, mild asthma.

All AIR devices at present are dry powder inhalers (DPI)s and so it is important that inhaler technique is assessed and is seen to be appropriate before treatment is commenced.

Licensed inhalers:

Inhaler	Licensed Age	Dose	Max. dose	Inhaler image
Symbicort Turbohaler 200/6 	≥ 12 years	One inhalation when required for asthma symptoms Another inhalation can be taken after a few minutes if symptoms persist.	Usual maximum daily dosage is 8 inhalations, maximum in one day can be 12 inhalations.	
WockAIR 160/4.5 		No more than 6 inhalations at a single time.		
DuoResp 160/4.5 				
Fobumix Easyhaler (DPI) 160/4.5 budesonide/formoterol 				







= denotes DPI device which is better for the environment

What is MART?

MART stands for **M**aintenance **A**nd **R**eliever **T**herapy and involves using a combination inhaled corticosteroid and LABA device as a single inhaler treatment. With MART the patient takes regular doses of a combination inhaler with extra doses on a when required basis instead of a SABA. The LABA is **always** formoterol, as this is fast-acting and will provide quick symptom relief when needed.

Licensed inhalers:

Inhaler	Licensed Age	Dose	Max. dose	Inhaler image
Symbicort Turbohaler (DPI) budesonide/formoterol 	≥ 12 years	100/6 – either 1 dose TWICE daily plus PRN or 2 doses TWICE daily plus PRN 200/6 – either 1 dose TWICE daily plus PRN or 2 doses TWICE daily plus PRN	Up to 8 puffs daily, rarely 12 puffs for limited period	
Fobumix Easyhaler (DPI) budesonide/formoterol 	≥ 12 years	80/4.5 – either 1 dose TWICE daily plus PRN or 2 doses TWICE daily plus PRN 160/4.5 - either 1 dose TWICE daily plus PRN or 2 doses TWICE daily plus PRN	Up to 8 puffs daily rarely 12 puffs for limited period	
DuoResp Spiromax (DPI) budesonide/formoterol 	≥ 12 years	160.4.5 – either 1 dose TWICE daily plus PRN or 2 doses TWICE daily plus PRN	Up to 8 puffs daily rarely 12 puffs for limited period	
WockAIR budesonide/formoterol 	≥ 12 years	160.4.5 – either 1 dose TWICE daily plus PRN or 2 doses TWICE daily plus PRN	Up to 8 puffs daily rarely 12 puffs for limited period	
Fostair Nexthaler (DPI) beclomethasone/formoterol 	≥ 18 years	100/6 – 1 dose TWICE daily plus PRN	Up to 8 puffs daily	
Fostair (MDI*) beclomethasone/formoterol	≥ 18 years	100/6 – 1 dose TWICE daily plus PRN	Up to 8 puffs daily	
Luforbec (MDI*) beclomethasone/formoterol	≥ 18 years	100/6 – 1 dose TWICE daily plus PRN	Up to 8 puffs daily	



= denotes DPI device which is better for the environment

* encourage spacer use when possible e.g. Aerochamber Plus Flow-vu



Benefits of AIR and MART

- One inhaler device for both preventer and reliever.
- Formoterol works as fast as salbutamol.
- The patient gets the inhaled steroid needed to treat inflammation causing asthma symptoms at the same time as immediate relief from their symptoms. This makes it a much more responsive treatment.
- The regimen suits people of varying lifestyles and those with potential compliance issues.
- MART reduces the need to rely on SABA devices.
- MART reduces the overall ICS dose taken in the longer term.
- AIR and MART reduce the risk of severe flare ups and exacerbations.
- MART results in fewer flare ups, exacerbations and hospital admissions.

Key points to remember about AIR/MART:

- For **emergency treatment of acute asthma**, 6 puffs of ICS/formoterol may be taken at one time (one dose at 1-minute intervals). If this does not relieve symptoms then urgent medical advice should be sought.
- Please ensure patient is supplied with an appropriate MART or AIR Asthma Action Plan.