

New LSCMMG Asthma Guidelines released April 2022

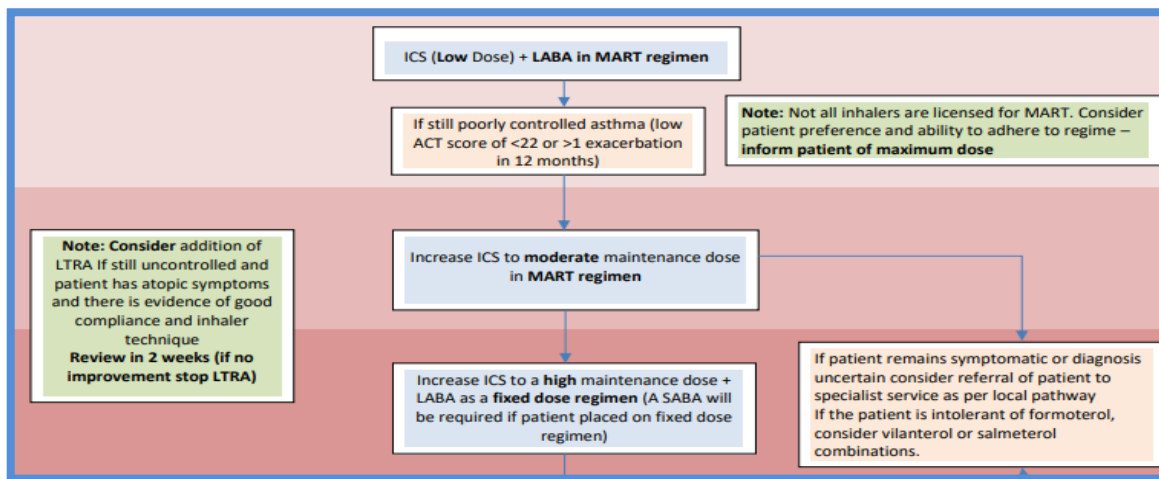
The new [LSCMMG Asthma guidelines](#) for adults over 17 years draw on existing resources from [The British Thoracic Society \(BTS\)](#) and [Scottish Intercollegiate Guidelines Network \(SIGN\)](#), [Global Initiative For Asthma \(GINA\) Report 2021](#) and [NICE NG80](#)



Asthma Treatment Guideline for Adults (aged 17 and over)

MART = Maintenance and Reliever Therapy

The guideline promotes MART = Maintenance and Reliever Therapy. This is when **ONE** combination inhaler is to be used by a patient as both the maintenance and reliever therapy, as part of a specific treatment regime. A separate reliever inhaler or short acting beta2 agonist (SABA) is **not needed**. MART is the preferred treatment pathway if clinically appropriate for the patient.



MART regimens can help overcome poor concordance with ICS inhalers and historic over reliance on beta2 agonist reliever therapy. There is also evidence these regimens can reduce exacerbation frequency and decrease environmental impact.

If MART is not suitable then the alternative pharmacological treatment pathway for adults (aged ≥17) is the Fixed dose regimen (ICS/LABA + SABA when required)

The LSCMMG Asthma Guidelines gives examples of which inhalers to use in each regime – MART or Fixed dose

Environmental Impact 'Green' Agenda

According to NICE, MDIs have estimated carbon footprints of 500g whereas dry powder inhalers (DPIs) have estimated carbon footprints of 20g CO₂eq per dose. A DPI should be the first choice for inhaled therapy, if clinically appropriate.

Data on the carbon footprint of individual inhalers is limited, the LSCMMG Asthma guideline shows tables providing indicative rather than actual carbon values for popular inhalers and is sourced from [Bulletin 295: Inhaler carbon footprint | PrescQIPP C.I.C](#)

Device	Active ingredients	CO ₂ eq per puff (g) midpoint value	Number of puffs per 28 days (max)	Annual CO ₂ eq (g)	Equivalent annual car miles
Salamol 100µg Easi-Breathe inhaler (MDI)	Salbutamol 100µg / puff	59.8	224	174,138	600
Salamol 100µg inhaler CFC free (MDI)	Salbutamol 100µg / puff	60.4	224	175,885	606
Ventolin 100µg Evohaler (MDI)	Salbutamol 100µg / puff	141	224	410,592	1,416
Ventolin 200µg Accuhaler (DPI)	Salbutamol 200µg / puff	10	112	3,360	11.6

Examples of the indicative carbon footprint of SABA, Steroid and Combination Inhalers identify in **GREEN** the inhalers with the lowest environmental impact. These inhalers should be considered first line where clinically appropriate, to reduce the NHS carbon footprint.

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