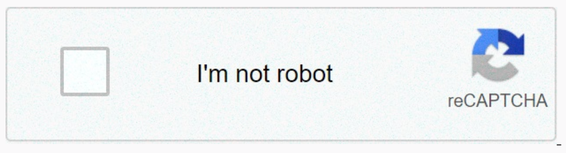

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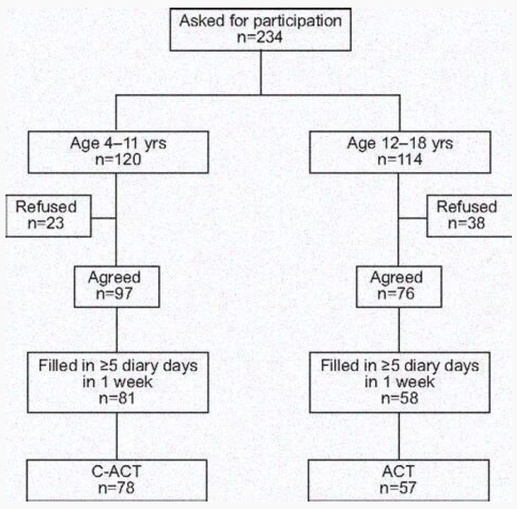

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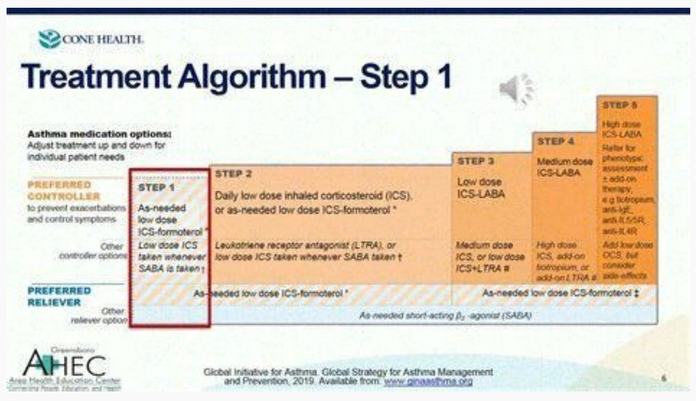

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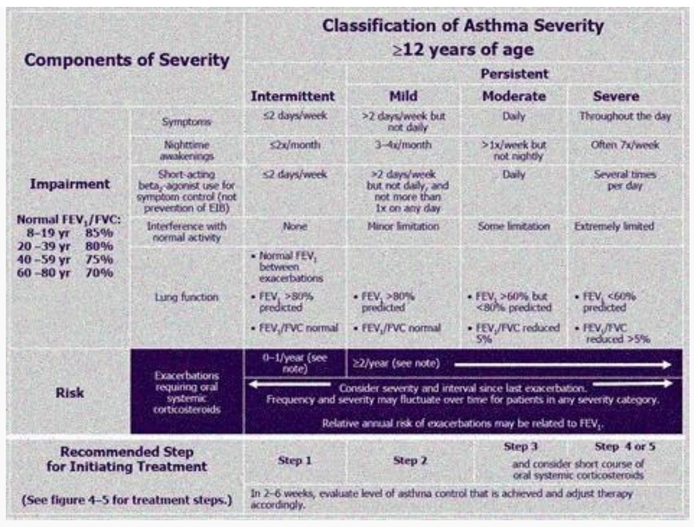

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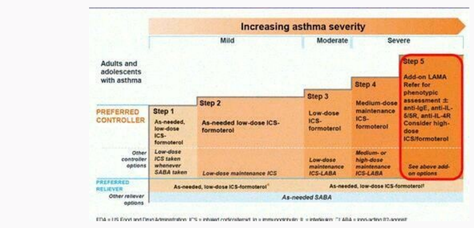

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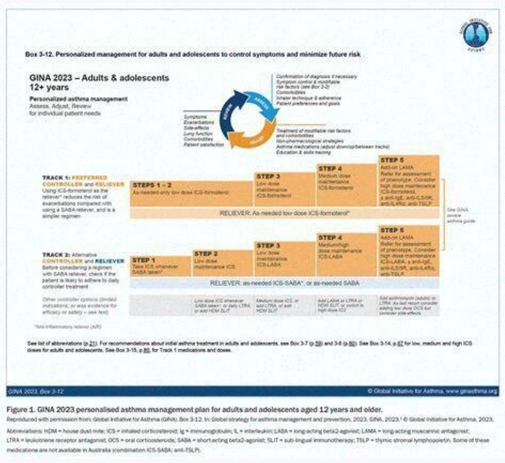

Figure 1. GINA 2023 personalised asthma management plan for adults and adolescents aged 12 years and older.
Reproduced with permission from: Global Initiative for Asthma (GINA), Box 3-12, In: Global strategy for asthma management and prevention, 2023. GINA, 2023.1 © Global Initiative for Asthma. 2023.
Abbreviations: HDM = house dust mite; ICS = inhaled corticosteroid; Ig = immunoglobulin; IL = interleukin; LABA = long-acting beta2-agonist; LAMA = long-acting muscarinic antagonist; LTRA = leukotriene receptor antagonist; OCS = oral corticosteroids; SABA = short-acting beta2-agonist; SLIT = sub-lingual immunotherapy; TSLP = thymic stromal lymphopoietin. Some of these medications are not available in Australia (combination ICS-SABA; anti-TSLP).

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3. Evaluate lung function using spirometry or FEV1. 4. Review medication use, including SABA and ICS. 5. Check for signs of poor asthma control, such as frequent exacerbations or night-time awakening due to symptoms. **Asthma Management: Modifying Risk Factors and Treatment Plans** 1.
Identify and Manage Risk Factors: Determine modifiable risk factors for poor outcomes, such as lung function decline. 2. **Monitor Lung Function**: Measure lung functions before starting treatment, every 3-6 months, and periodically thereafter (e.g., annually). 3. **Assess Comorbidities**: Recognize co-existing conditions like rhinitis, chronic sinusitis, GERD, obesity, OSA, depression, and anxiety, which may contribute to respiratory symptoms. 4. **Record Treatment and Monitoring**: Document patient treatment, inhaler use, and action plans. **Stepping Up** 1. **Short-term Step-up (1-2 weeks)**: During viral infections or exposure to allergens. 2. **Sustained Step-up (2-3 months)**: If symptoms persist despite ICS-containing treatment, assess issues before considering a step up. **Stepping Down** 1. **Consider Stepping Down**: Once asthma control is achieved and maintained for 2-3 months, find the lowest effective dose to minimize side effects. 2. **Choose Appropriate Time**: No upper respiratory tract infections, no pregnancy, and no low lung function. Schedule a follow-up appointment. **Acute Asthma Exacerbation** 1. **SABA + SAMA every 20 minutes for 1 hour** 2. **Magnesium Sulfate IV** 3. **Oxygen and Bipap if needed** 4. **Systemic oral or IV corticosteroids** **GINA Report Update (2024)**: A comprehensive resource on asthma management, incorporating new scientific information and updates from the GINA Science Committee.