



This family education sheet explains how to use a single-use inhaler for both maintenance therapy and rescue therapy, to manage your child's asthma. It also explains when to call your child's provider and when to get emergency care.

What is SMART?

- SMART stands for **S**ingle **M**aintenance **A**nd **R**eliever **T**herapy.
- Just 1 inhaler is used for both maintenance and rescue therapy.
- The inhaler combines an inhaled steroid to lower inflammation with a fast-acting bronchodilator to keep your child's breathing tubes open.
- Using the combined inhaler helps many children and teenagers control their asthma better than with separate controller and rescue inhalers.



Who should use SMART? Why is SMART prescribed?

SMART is for:

- People age 5 and older with moderate persistent (ongoing) asthma
- People who don't like having 2 separate inhalers for maintenance and relief
- People who don't rely on a nebulizer machine
- People who have difficulty taking their controller medication every day

How does my child take it?

It's an inhaler that they take with a holding chamber (spacer) and facemask or mouthpiece.

How often do they take it?

- Your child's provider will prescribe 1–2 puffs inhaled 1 or 2 times a day when they're well (**Green Zone** of your **Asthma Action Plan**).
- When asthma symptoms flare, they take 1 puff as needed to treat those symptoms (**Yellow Zone** of your **Asthma Action Plan**). If symptoms don't go away in 5-10 minutes, they may take additional puffs.

When should I contact my child's primary care doctor/clinic?

Call if:

- Your child is 5–11 years old and needs 8 puffs or more of the SMART combined inhaler in a 24-hour period
- Your child is age 12 or older and needs 12 puffs or more of the SMART combined inhaler in a 24-hour period
- You have any questions or concerns about your child's health

When should I get emergency care?

- For children age 5-11: If they need more than 4 puffs in 1 hour (**Red Zone** of your **Asthma Action Plan**) or if they have severe symptoms
- For children age 12 years and older: If they need more than 6 puffs in 1 hour (**Red Zone** of your **Asthma Action Plan**) or have severe symptoms

What can I expect when my child goes home from the hospital?

- You and your child will be told to use the medication in the **Green Zone** of your **Asthma Action Plan**.
- You and your child may be told to still use albuterol every 4 hours for 2 more days after you go home, or until their primary care provider sees them. Then, stop albuterol altogether and use the SMART combined inhaler to relieve asthma symptoms.
- The next time your child has an asthma flare, they should use extra puffs of the combination medication to treat their symptoms (**Yellow** and **Red Zone** of your **Asthma Action Plan**).

If your child needs emergency help, call 911 or your local emergency services number.

Note: SMART hasn't been studied for treating asthma in the emergency room or hospital. So, your child may not get SMART combined inhalers in the emergency room or if you're staying at the hospital.

For more information about SMART for asthma, please contact your primary care provider. For more information and videos on asthma, visit:



<http://bit.ly/1FRyNoj>
(English)



<http://bit.ly/1HfnMgI>
(Spanish)