Issues and answers: Current trends in GINA recommendations for asthma management in children

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1. Which statement is true? Goals of asthma management are most effectively achieved through:

- ☐ **A** A partnership between the patient/caregiver and the health professional team
- ☐ **B** A cycle of assessment, adjusting treatment and reviewing the response to asthma medication
- ☐ **C** A and B

2. Factors affecting decision-making in paediatric asthma management include:

- ☐ **A** Parent/patient beliefs and concerns about medications
- ☐ **B** Parent/patient preferences with regard to goals of treatment
- ☐ **C** Inhaler technique
- ☐ **D** Response to previous treatment and adherence
- ☐ **E** All of the above
- ☐ **F** C and D

3. Which statement is false? When assessing the 6-11-year-old patient with previously diagnosed asthma:

- ☐ **A** It is unnecessary to exclude alternative diagnoses or confirm the asthma diagnosis
- ☐ **B** Consider symptom control and modifiable risk factors
- ☐ **C** Check inhaler technique and adherence

4. Which of the listed asthma treatments can be used in paediatric patients younger than two years?

- ☐ **A** Montelukast
- ☐ **B** Beclomethasone
- ☐ **C** Budesonide NEB
- ☐ **D** Fluticasone
- ☐ **E** All of the above
- ☐ **F** A, C and D

5. Which of the listed asthma treatments can be used in paediatric patients younger than five years?

- ☐ **A** Salbutamol
- ☐ **B** Beclomethasone
- ☐ **C** Fluticasone/salmeterol
- ☐ **D** Budesonide DPI
- ☐ **E** All of the above
- ☐ **F** A, B and C

6. Which of the listed asthma treatments can be used in paediatric patients younger than 12 years?

- ☐ **A** Budesonide/formoterol
- ☐ **B** Ciclesonide
- ☐ **C** A and B

7. For children younger than three years, the preferred inhaler device is a:

- ☐ **A** Pressurised metered dose inhaler and a dedicated spacer with face mask
- ☐ **B** A nebuliser with face mask

8. Children should be switched from a face mask to a mouthpiece as soon as they are able to demonstrate good technique, rather than at a pre-specified age.

- ☐ **A** True
- ☐ **B** False

9. Which statement in false?

- ☐ **A** By the age of five or six years, wheeze/asthma phenotypes determining longer-term prognosis are more easily distinguishable than in pre-schoolers
- ☐ **B** GINA recommendations generally include the daily use of reliever medications for long-term symptom relief
- ☐ **C** A and B

10. GINA generally recommends that in pre-school children, regardless of whether the diagnosis of asthma has been made, infrequent viral wheezing episodes should be treated initially with:

- ☐ **A** As-needed SABA
- ☐ **B** Intermittent low-dose ICS
- ☐ **C** A and B

11. Which statement is true?

- ☐ **A** The effects of ICSs on growth velocity seen in pre-pubertal children is not progressive or cumulative
- ☐ **B** Poorly controlled asthma affects adult height
- ☐ **C** A and B

12. Before considering step-up of controller treatment, consider a trial of a different treatment option in that step.

- ☐ **A** True
- ☐ **B** False

13. For asthma control in step 3 children aged 6-11 years, GINA recommends use of as-needed SABA with:

- ☐ **A** Low-dose ICS-LABA
- ☐ **B** Medium-dose ICS
- ☐ **C** A or B

14. Biologicals used as add-on treatment for severe asthma target Th1-mediated inflammation.

- ☐ **A** True
- ☐ **B** False

15. Which of the listed biologicals is a humanised monoclonal antibody targeting IgE?

- ☐ **A** Omalizumab
- ☐ **B** Mepolizumab
- ☐ **C** Dupilumab

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