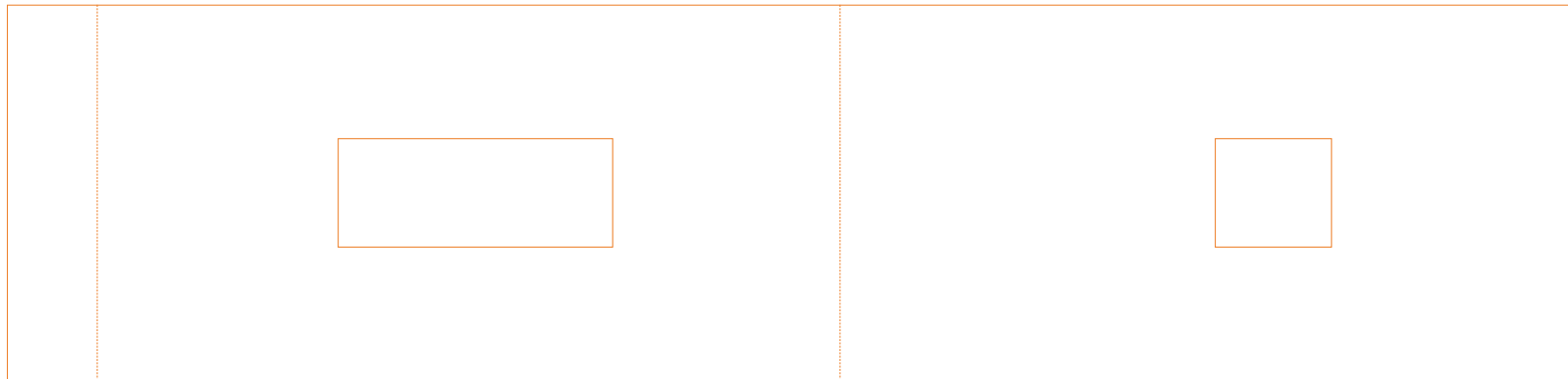


SLIDER FRONT



SLIDER BACK

## SLIDER CUTTER GUIDE



**SLIDER FRONT**

**SLIDER BACK**

# SLIDE RULE FRONT

## ASTHMA SLIDE RULE

### 1. Questions for prescriber/dispenser to ask themselves and a person with asthma

Using this slide rule, how much short-acting beta<sub>2</sub> agonist (SABA) also known as reliever/rescue/salbutamol/albuterol inhaler would you think was acceptable for a person with asthma to take in a year, week or day before you thought a review was necessary? What made you choose that?

	Increasing SABA use*											
Number of SABA inhalers Rx per year	1	2	3	4	5	6	7	8	9	10	11	12
Puffs of SABA used per year	200	400	600	800	1000	1200	1400	1600	1800	2000	2200	2400
Puffs of SABA used per week	4	8	12	15	19	23	27	31	35	39	42	46
Puffs of SABA used per day	< 1	1	2	2	3	>3	4	>4	5	6	>6	7
	Symptoms											

\*Some devices do not contain 200 puffs. Check the number in the devices you prescribe/dispense or use, and modify these messages accordingly

**Suggestion:** Try asking a person with asthma question 1 after asking the ACT™\*\* question\*\*\*: During the past 4 weeks, how often have you used your rescue inhaler or nebulizer medication (such as albuterol):

3 or more times per day / 1 or 2 times per day / 2 or 3 times per week / Once a week or less / Not at all

\*\* Asthma Control Test™ \*\*\* [https://getastmahelp.org/documents/ACT\\_AdultEng.pdf](https://getastmahelp.org/documents/ACT_AdultEng.pdf) Asthma Right Care Guidance Notes available at [www.iprcg.org/asthmarightcare](http://www.iprcg.org/asthmarightcare)





## ASTHMA SLIDE RULE (reverse side: push slider back to left to begin)

### 2. Questions for prescriber to ask themselves and a person with asthma

Reflecting on your answer to Question 1, and using the number scale 0–10 below, slide to the number that reflects:

- How important is it that you organise a review? What made you select [number]?  
What would have made it a higher number [eg 8]
- How confident do you feel to have a conversation about reducing the dose?  
What made you select [number]? What would have made it a higher number [eg 8]?



For safety, the Global Strategy for Asthma Management and Prevention 2023 ([www.ginasthma.org](http://www.ginasthma.org)) does not recommend treatment of asthma in adults, adolescents and children 6–11 years with short-acting beta<sub>2</sub>-agonists (SABA) alone. Instead, they should receive ICS-containing treatment to reduce their risk of serious exacerbations and to control symptoms. There is strong evidence that SABA-only treatment, although providing short-term relief of asthma symptoms, does not protect patients from severe exacerbations, and that regular or frequent use of SABA increases the risk of exacerbations.

Created and designed by IPCRG [www.ipcr.org/aboutus](http://www.ipcr.org/aboutus)

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## SLIDE RULE CUTTER GUIDE

