
SMART for Asthma – Age 12 years+

What is SMART?

SMART is **S**ingle **M**aintenance **A**nd **R**eliever Therapy.

The same inhaler used for your ‘everyday’ medication and rescue ‘emergency’ therapy.

Why use SMART?

Why only 1 inhaler? This single inhaler has two medications.

- (1) steroid that lowers inflammation
- (2) fast-acting rescue medicine (like albuterol) to keep your child’s airways open.

Use of SMART helps many children and teenagers control their asthma better than separate controller and rescue inhalers. It has been proven to reduce emergency department visits.

Who is SMART for?

Children aged 5 years and older with moderate or severe persistent asthma.

Children who don’t rely on a nebulizer machine.

How does it work?

Inhaler with a spacer.

How to use SMART?

Maintenance or “Everyday” Dose

Maintenance dose varies depending on asthma severity but is generally prescribed as 1-2 puffs taken 1-2 times per day. Follow instructions given by your care team. This information will also be in the Asthma Action Plan. If your child has an Asthma Action Plan, this can be found on the Children’s National health portal.

Rescue Dose

For asthma symptoms take 1-2 puffs of the SMART inhaler using a spacer. Wait 5 minutes, if symptoms do not improve, take 1-2 additional puffs with a spacer. This can be repeated as needed for a **maximum** of 6 puffs in one hour. If no improvement, follow instructions in Yellow Zone, and move to Red Zone of Asthma Action Plan if indicated.

Maximum Daily Dose

For children 12 years+: Do not use more than 12 puffs in a 24-hour day (including maintenance doses).

When should I seek emergency care?

For children aged 12+: If your child uses more than 6 puffs in 1 hour or has severe symptoms (Red Zone of the Asthma Action Plan), please seek emergency care by dialing 9-1-1 or taking your child to the nearest Emergency Room.