

Optional Links & Resources

1. U.S. Asthma Guidelines

- **2020 Focused Updates to the Asthma Management Guidelines (NIH/NAEPP)**
Summary of updated recommendations on ICS use, SMART therapy, and intermittent vs daily strategies.
- **Expert Panel Report 3 (EPR-3): Guidelines for the Diagnosis and Management of Asthma (2007)**
Foundational U.S. guideline providing classification standards, step-therapy, severity vs. control tables, and long-term management principles.

<https://www.nlm.nih.gov/health-topics/guidelines-for-diagnosis-management-of-asthma>

<https://www.ncbi.nlm.nih.gov/books/NBK7232/>

2. Global Initiative for Asthma (GINA)

- **GINA Main Report – Global Strategy for Asthma Management and Prevention (Annual Update)**
International guideline updated yearly, emphasizing symptom control, risk reduction, and ICS-based therapy for all patients.
- **GINA Pocket Guide (Clinician Version)**
Concise summary of classifications, decision trees, and stepwise therapy recommendations.

<https://ginasthma.org/2025-gina-strategy-report/>

3. Diagnostic Tools & Assessment Resources

- **NHLBI Asthma Action Plan Templates**
Printable adult and pediatric asthma action plans used for self-management education.

<https://www.nlm.nih.gov/resources/asthma-action-plan-2020>

- **Asthma Control Test (ACT) – Adult & Pediatric Versions**
Validated questionnaire used to classify control levels and guide step-up/step-down therapy.

<https://health.rh.gov/sites/g/files/xkgbur1006/files/materialbyothers/asthma-control-test.pdf>

- **CDC Spirometry Training Resources**
Guides on accurate spirometry technique, interpretation, and quality grading.

<https://www.cdc.gov/niosh/spirometry/training/resources.html>

4. Pharmacology & Inhaler Technique

- **FDA Inhaled Medication and Device Instructions**
Official resources for MDIs, DPIs, nebulized formulations, and combination agents.

<https://www.fda.gov/regulatory-information/search-fda-guidance-documents/reviewer-guidance-nebulizers-metered-dose-inhalers-spacers-and-actuators>

- **American Lung Association – Inhaler Technique Videos**
Short videos demonstrating proper MDI, DPI, spacer, and nebulizer use.

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/treatment/devices>

5. Patient Education Resources

- **CDC Asthma Prevention & Control**
Helpful for environmental control strategies, trigger management, and community resources.

<https://www.cdc.gov/asthma/index.html>

- **American Academy of Allergy, Asthma & Immunology (AAAAI)**
Evidence-based explanations of allergic asthma, immunotherapy, and phenotype/endotype distinctions.

<https://www.aaaai.org/>

- **Allergy and Asthma Network**

<https://allergyasthmanetwork.org/>

6. Special Topics in Asthma

- **RE-ACT (Rapid Evidence Review in Asthma Care Tools)**
Visual decision aids for acute management and step-therapy selection.

<https://pubmed.ncbi.nlm.nih.gov/31434777/>

- **ATS/ERS Technical Standards for Bronchoprovocation Testing**
Standards for methacholine challenge, indications, and interpretation.

<https://publications.ersnet.org/content/erj/49/5/1601526>