




Anti-inflammatory reliever (AIR) therapy and Maintenance and Reliever Therapy (MART)

Regimens with Symbicort®/ Duoresp®Spiromax®/Bibecfo®

- Anti-inflammatory Reliever (AIR) therapy is an asthma treatment with an inhaler containing a combination of inhaled corticosteroid (ICS), an anti-inflammatory, and formoterol, a fast-acting reliever.
- Maintenance And Reliever Therapy (MART) is an asthma treatment regimen in which a single ICS-Formoterol inhaler is used daily for regular maintenance doses in addition to 'as needed' for relief of asthma symptoms (reliever doses). As per local and [national guidance](#) consider MART if uncontrolled symptoms, frequent reliever usage or poor adherence.
- Not all combination inhalers containing formoterol are licensed for AIR/MART. Several inhalers containing an ICS (Budesonide/Beclometasone) in combination **with formoterol** are licensed for AIR/MART regimens. No metered dose inhalers licensed for AIR alone. High dose ICS inhalers are not licensed for AIR/MART.
- Formoterol is a fast acting bronchodilator with a long-acting effect (LABA) and removes the need for a separate reliever inhaler (Salbutamol).
- Advise patients using excessive doses of MART outside of an acute exacerbation or regularly using reliever doses to seek medical advice and treatment review.

Formulary choices for AIR/MART	Symbicort® Turbohaler (FIRST CHOICE) 		DuoResp Spiromax® 	Bibecfo® pMDI (use with spacer) 
Device Type	Dry Powder Inhaler		Dry Powder Inhaler	pMDI
Active ingredients	Budesonide/formoterol		Budesonide/formoterol	Beclometasone/formoterol
Licensed Age	12 years and over		12 years and over	18 years and over
Dose Strength	100/6 micrograms:	200/6 micrograms:	160/4.5 micrograms:	100/6 micrograms:
As needed AIR dose	NOT LICENSED		1 dose PRN*	NOT LICENSED
MART Low dose	1 dose twice a day or 2 doses once daily	1 dose twice a day or 2 doses once daily	1 dose twice a day or 2 doses once daily	1 puff twice a day
MART moderate dose	NOT LICENSED		2 doses twice a day	NOT LICENSED
MART as needed dose	1 puff as required*		1 puff as required*	1 additional puff as needed. If symptoms persist an additional puff can be taken.
Maximum number of puffs	No more than 6 puffs on any single occasion. *If symptoms persist an additional puff can be taken. Normally 8 puffs in 24 hours. <i>12 puffs in 24 hours for a limited period only</i>		No more than 6 puffs on any single occasion. *If symptoms persist an additional puff can be taken. Normally 8 puffs in 24 hours <i>12 puffs in 24 hours for a limited period only</i>	8 puffs in 24 hours
Education Resources for patients and HCPs	Symbicort MART Patient Information Leaflet My Symbicort® Asthma Action Plan (editable) Symbicort MART Information for HCPs Asthma and Lung UK Video – how to use a Turbohaler		DuoResp 160/4.5 Patient Information Leaflet Asthma + Lung UK Video – how to use a Spiromax inhaler	Bibecfo 100/6 Patient Information Leaflet Asthma and Lung UK Video – how to use a pMDI inhaler How to use a spacer with single breath + hold How to use a spacer with tidal breathing



= "Greener" Choice



= "Least Green" Choice

MART and AIR asthma action plans

- AIR and MART therapy can be used to manage an asthma attack
- ALL patients on AIR or MART inhalers must be provided with a treatment specific action plan which contains appropriate advice on how to manage an attack
- Editable [AIR asthma action plan](#), other languages versions can be downloaded from [here](#).
- Editable [MART asthma action plan](#), other languages versions can be downloaded from [here](#).

General Considerations:

- Do not change treatment for asthma patients already under the active care of a specialist team.
- Stop SABA inhaler on repeat; some people using MART may retain a SABA inhaler for emergency use however usage and requests should be infrequent.
- When switching patients to a MART regimen the total regular dose of ICS should not be decreased. Review dose once patient is stable for 3-6 months.
- Good education of patients is required to ensure they understand the same inhaler is used both for maintenance and reliever therapy, and that a separate SABA inhaler is not needed routinely. Resource links are provided in the table above.
- Ensure the correct amount is prescribed as patient will be using the inhaler as maintenance and relief i.e. 4 inhalers every 3 months max.
- When reviewing patients on MART regimens the frequency of reliever doses over the previous 4 weeks should form part of the assessment of therapy as this will inform whether maintenance treatment needs to be adjusted or patient's suitability for MART reviewed.
- MART is not appropriate when high dose ICS/LABA combinations are required or for patients with diagnoses of conditions other than asthma e.g. COPD.

Version	1.2 Updated to reflect recommendations of NICE guideline NG245 Published 27 November 2024 and include prescribing information including formulary choices and licensing for AIR therapy
Developed by	HWE ICB PMOT
Approved by	HWE APC
Date approved/updated	June 2025
Review date:	The recommendation is based upon the evidence available at the time of publication. This recommendation will be reviewed upon request in the light of new evidence becoming available.
Superseded version	1.1 Updated to reflect change in preferred pMDI MART regimen from Luforbec® to Bibecfo®. Changes made to improve layout and include resource links and add some additional information to support patients and HCPs at the same time.