




Maintenance and Reliever Therapy (MART) Regime

Symbicort® / Duoresp Spiromax® / Luforbec®

Maintenance and reliever therapy (MART) is a form of combined ICS and LABA treatment in which a single inhaler, containing both ICS and a fast-acting LABA, is used for both daily maintenance therapy and the relief of symptoms as required. MART is only available for ICS and LABA combinations in which the LABA has a fast-acting component (for example, formoterol).

Appropriate for patients on Step 1 (Symbicort only), **Step 2 (Low dose ICS) or 3 (medium dose ICS)** with a Personalised Asthma Action Plan (PAAP) able to self-manage and are compliant with their own treatment and whose symptoms are uncontrolled on maintenance only treatment with ICS/LABA using SABA as reliever.

Regimen	Symbicort® SMART (FIRST CHOICE) (can start at step 1) 	DuoResp Spiromax® MART 	Luforbec® pMDI MART (use with spacer)  (https://www.righttobreathe.com/)
Device/Active Ingredients	Turbohaler Budesonide/formoterol 100/6 or Budesonide/formoterol 200/6	Spiromax Budesonide/fomoterol 160/4.5 only (equivalent to 200/6 Symbicort Turbohaler)	pMDI Beclometasone/formoterol 100/6
Licensed Age	12 years and over	18 years and over	18 years and over
Maintenance dose	100/6 strength – 2 puffs daily <ul style="list-style-type: none"> Can increase to 200/6 strength – 2 puffs daily. For some patients 2 puffs twice daily may be appropriate 	2 puffs daily Increased if necessary, to 2 puffs twice a day for some patients	1 puff twice a day (Only one dose is licensed)
As required dose	1 puff as required, if symptoms persist an additional puff can be taken. No more than 6 puffs on any single occasion	1 puff as required, if symptoms persist an additional puff can be taken. No more than 6 puffs on any single occasion.	1 additional puff as needed. If symptoms persist an additional puff can be taken.
Maximum number of puffs in 24 hours	Normally 8 puffs in 24 hours. <i>12 puffs in 24 hours for a limited period</i>	Normally 8 puffs in 24 hours <i>12 puffs in 24 hours for a limited period</i>	8 puffs in 24 hours

- The total regular dose of ICS should not be decreased
- Patients taking regular (more than 3 rescue doses a week or once at night), rescue doses of their combination inhaler should have their treatment reviewed
- The use of a separate reliever inhaler (SABA) is actively discouraged whilst on MART therapy**
- 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
- Careful education of patients about the specific issues around this management strategy is required**



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Additional references:

Symbicort® SMART Asthma Action Plan and User Guide:

[https://medicines.astrazeneca.co.uk/content/dam/multibrand/uk/en/resources/respiratory/Symbicort%20SMART%20patient%20information%20leaflet%20-%20digital%20version%20\(GB-21061\).pdf](https://medicines.astrazeneca.co.uk/content/dam/multibrand/uk/en/resources/respiratory/Symbicort%20SMART%20patient%20information%20leaflet%20-%20digital%20version%20(GB-21061).pdf)

<https://medicines.astrazeneca.co.uk/content/dam/multibrand/uk/en/resources/respiratory/My-Symbicort-SMART-Asthma-action-plan-digital-version.pdf>

Luforbec pMDI MART patient User Guides:

https://www.lupinhealthcare.co.uk/wp-content/uploads/2021/08/Patient-Leaflet_Digital-MART_UK-LUF-2104-00014.pdf

Version	1.0 Harmonisation of Hertfordshire Medicines Management Committee (HMMC) guidance and West Essex Medicines Optimisation Programme Board (WEMOPB) guidance updates include: <ul style="list-style-type: none">• Rebadging with HWE ICB and removal of WECCG header• Review date removed and replaced with standard statement.
Developed by	HWE ICB PMOT
Approved by	WEMOPB
Date approved/updated	WEMOPB June 2022 and HMMC March 2022
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	1.0



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