WHAT IS "SMART" THERAPY?

Single **M**aintenance **a**nd **R**eliever **T**herapy

SNAC-S Session Facilitator –
Tammy Rood, DNP, CPNP-PC, AE-C

Presentation Overview

Define SMART and AIR

Identify SMART inhalers

LABA vs. SABA

When is SMART therapy recommended?

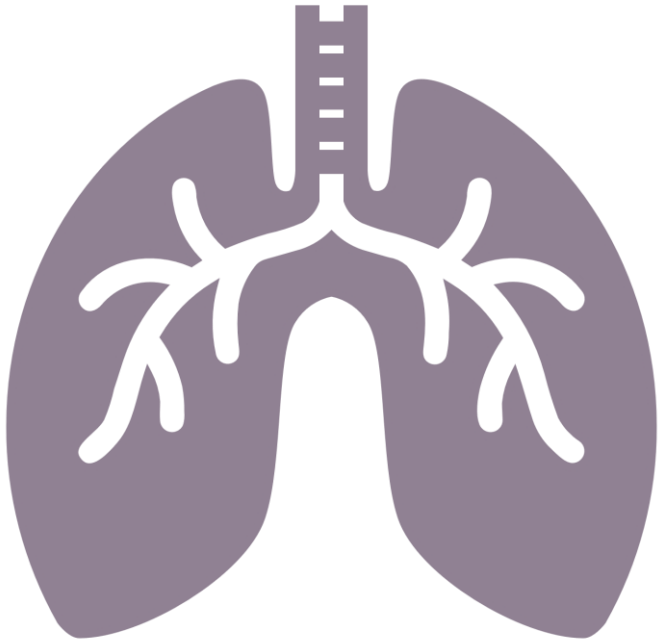
Maximum daily dose of SMART therapy varies by age

Is it safe to use albuterol if on SMART therapy?

What does a SMART asthma action plan look like?

SMART and AIR Definitions

- Two evidence-based resources:
  - National Heart Lung and Blood Institute (NHLBI) guidelines, last updated 2020
  - Global Initiative for Asthma (GINA), updated 2024
- SMART therapy stands for Single Maintenance and Reliever Therapy.
  - It is sometimes called MART therapy → Maintenance and Reliever Therapy
  - SMART and MART are the same.
- AIR – Anti-inflammatory inhaler reliever that has BOTH the inhaled corticosteroid (ICS, anti-inflammatory) and rapid-acting bronchodilator
  - ICS- formoterol
  - ICS-SABA



SMART Inhalers – Can You Name Them?

A **COMBINATION** inhaler – contains ICS and an inhaled long-acting beta-agonist (LABA) → formoterol

- budesonide/formoterol (Symbicort® OR Breyna® [generic])
- mometasone/formoterol (Dulera®)

- In asthma guidelines for SMART therapy, the **budesonide/formoterol combination is the recommended first treatment for moderate to severe asthma.**

©2022 Elsevier, Inc.

This Photo by Unknown Author is licensed under CC BY-NC-ND

SABA vs. LABA – What is the Difference?

The main difference between SABA and LABA is the DURATION of their effects.

- Short-acting beta-agonist → Has a short half-life, used for immediate symptom relief.
- Long-acting beta-agonist → Provide prolonged, sustained treatment due to increased half-life.

When is SMART Therapy Recommended?

Per updated guidelines, SMART therapy is the preferred treatment for all persons 5 years and older with moderate to severe persistent asthma.

- Is generally considered to be an EASIER treatment plan to follow.
- **FORMOTEROL** is a long-acting inhaled medication in SMART therapy, but it works QUICKLY (within 2 to 3 minutes), similar to quick-relief albuterol.
- People with moderate asthma have daily symptoms or wake up at night due to symptoms at least once a week.
- Advair (fluticasone/salmeterol) is **NOT** recommended for SMART therapy → salmeterol is a SLOW-acting LABA

The **MAXIMUM** Daily Dose of SMART Therapy

Based on the AGE of the person →

- includes both daily doses + doses given for quick relief

Age	Maximum Daily Number of Puffs
5 - 11 years	Maximum of 8 (EIGHT) puffs daily
12 years - adult	Maximum of 12 (TWELVE) puffs daily

Is it Safe to Use Albuterol if on SMART Therapy?

YES!!

- The goal of SMART therapy is to **SIMPLIFY** asthma management by using one inhaler for both daily maintenance and quick relief of symptoms, reducing the need to remember which inhaler to use for which situation.
- However, if the SMART inhaler is not available, or if experiencing asthma symptoms on SMART therapy, you **CAN** use albuterol for quick-relief.
- **Important to monitor usage → do not use albuterol more than every 3 to 4 hours for symptoms or exceed the maximum daily SMART therapy dose.**

What Does a SMART Asthma Action Plan Look Like?

THANK YOU FOR JOINING US TODAY!

- **Next SNAC-S Session is January 29 →**
  "Taking Care of the Child with Breathing Difficulty at School Nurse Office"
- Recordings are located on the SNAC-S Asthma Page (link in chat)
- We want to hear from you!! What are your questions/challenges? Help guide our next session topics.