




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). For cost information please refer to [HVCCG](#) and [ENHCCG](#) formulary product choices.

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.nightbreathe.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

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