Persistent Asthma
Requirements for Classification

If your patient with asthma has any ONE of the following, they should be classified as a persistent asthmatic:

- **Day-time symptoms** more than 2 times per week
- **Night-time symptoms** more than 2 times per month
- **Use of a short-acting beta-agonist** more than 2 days per week

**Exacerbations:**
- **For ages 5 years and older:** 2 or more exacerbations requiring oral steroids per year
- **For ages 1-4 years:**
  - 2 or more exacerbations in 6 months requiring oral steroids
  - OR
  - 4 or more wheezing episodes per year lasting more than one day AND risk factors for persistent asthma which include:
    - One major criterion: (a) Parent with asthma. (b) Physician diagnosis of atopic dermatitis. (c) Evidence of sensitization to aeroallergens
      - OR
    - Two minor criteria: (a) Evidence of sensitization to foods. (b) ≥ 4% blood eosinophilia. (c) Wheezing apart from colds.

- **FEV**₁ of 80% or less (before bronchodilator)

**Inhaled corticosteroids are the most effective anti-inflammatory medication for long-term management of persistent asthma.**

See Stepwise Approach to Asthma (Table 7 of the UMHS Asthma Guideline) for more details.

www.med.umich.edu/1info/FHP/practiceguides/asthma/asthmagdln.pdf


The information in this reference was reviewed by the UMHS Asthma Quality Improvement Steering Committee and was last updated on 10/19/2010. Questions and/or comments may be directed to Georgiana Sanders, MD, MS (gsanders@umich.edu) or Karla Stoermer-Grossman, MSA, RN, AE-C (kstoerme@umich.edu)