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:
      - 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.

- **FEV₁ of 80% or less** with reversibility of 12% or more

**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](http://www.med.umich.edu/1info/FHP/practiceguides/asthma/asthmagdln.pdf)

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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](mailto:gsanders@umich.edu)) or Karla Stoermer-Grossman, MSA, RN, AE-C ([kstoerme@umich.edu](mailto:kstoerme@umich.edu))