Main results plus as needed budesonide plus formoterol was better than fixed dose for severe exacerbations in asthma


Clinical impact ratings GP/FP/Primary care **************************** Internal medicine **************************** Respirology ****************************

In patients with asthma, is budesonide (BUD) plus formoterol (FORM) (BUD + FORM) both for maintenance and symptom relief more effective than fixed dosing using BUD + FORM plus a short acting β₂ agonist (SABA) or a 4 fold higher dose of BUD plus SABA for reducing the rate of severe asthma exacerbations?

METHODS

Budesonide (BUD) plus formoterol (FORM) both for maintenance and symptom relief more effective than fixed dosing using BUD + FORM plus a short acting β₂ agonist (SABA) or a 4 fold higher dose of BUD plus SABA group (p values <0.001). Fewer patients in the BUD + FORM for both group than in the BUD + FORM plus SABA group or BUDH plus SABA group had ≥1 severe asthma exacerbation (table).

CONCLUSION

In patients with asthma, budesonide plus formoterol (BUD + FORM) both for maintenance and symptom relief was more effective than fixed dosing using BUD + FORM plus a short acting β₂ agonist (SABA) or a 4 fold higher dose of budesonide plus SABA.

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