

# GP BULLETIN: A NEWSLETTER FOR GPs BY HEALTHWAY MEDICAL

## MANAGING PAEDIATRIC ASTHMA: EVOLVING WITH NEW GUIDELINES AND TREATMENT OPTIONS



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**Global Initiative for Asthma (GINA) guidelines (2020) represent a landmark change in asthma management since the last 30 years.<sup>1</sup>**



All adults and adolescents with asthma should receive ICS-containing controller treatment.<sup>2</sup>



Treatment with SABA alone, without ICS is no longer recommended.<sup>2</sup>

ACE guidelines recommend optimal use of ICS for long-term control of asthma in all patients including children.<sup>3</sup>



In mild asthma, symptom-driven ICS or daily low dose ICS with SABA as reliever or ICS-formoterol as needed may be used.<sup>1,2</sup>



### Key message:

- ICS are the key to achieving long-term asthma control.

#### Abbreviations

ICS, inhaled corticosteroids; SABA, short-acting beta2- agonists

#### References

1. Rajan S, Gogtay NJ, Konwar M, et al. Lung India. 2020 Mar;37(2):169; 2. Pocket guide for asthma management and prevention (2020). GINA.[Internet] Available from: <https://ginasthma.org/pocket-guide-for-asthma-management-and-prevention/>. Accessed Feb 9, 2021; 3. ACE Clinical Guidance.[Internet] Available from: [https://www.ace-hta.gov.sg/public-data/our-guidance/Asthma%20Management%20\(Nov%202020\).pdf](https://www.ace-hta.gov.sg/public-data/our-guidance/Asthma%20Management%20(Nov%202020).pdf). Accessed Feb 9, 2021

## ECG INTERPRETATION: AS EASY AS P-QRS-T



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**Correct interpretation of ECG is complex and frequently challenging in clinical practice.<sup>1</sup>**



### Key message:

- Systematic analysis of ECG parameters simplifies the interpretation and increases accuracy.

#### Abbreviations

ECG, electrocardiography

#### References

1. Breen CJ, Kelly GP, Kernohan WG. Journal of electrocardiology. 2019 Apr 12.; 2. Approach to ECG interpretation.[Internet] Available from: [heallo.com/cardiology/learn-the-heart/ecg-review/ecg-interpretation-tutorial/approach-to-ecg-interpretation](https://heallo.com/cardiology/learn-the-heart/ecg-review/ecg-interpretation-tutorial/approach-to-ecg-interpretation). Accessed on Feb 9, 2021.

Strictly for health care professionals only. Full prescribing information is available upon request.

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