

STOP!

The UK has some of the highest rates of asthma in the world affecting about 1-in-10 children.

In 2018 there were 25,128 cases of under-16s going to hospital with asthma. (NHS England)

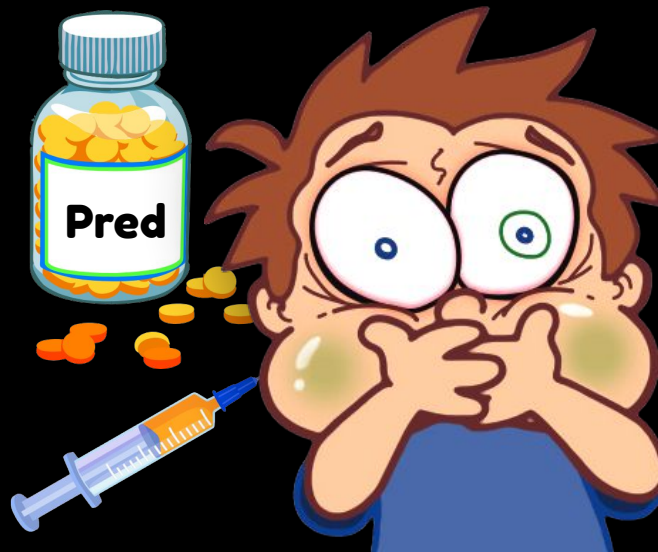
- **Steroids are used to reduce acute exacerbation, severity and duration.**
- Treatment options include a short course of oral corticosteroid (*typically 3 days of oral prednisolone*).
- Data suggests that the use of oral **dexamethasone is non-inferior** compared to oral prednisolone.⁽¹⁾
- Consider a **single dose** of oral dexamethasone for acute asthma exacerbation in children.

LOOK

There is increased evidence of vomiting with **prednisolone**.⁽²⁾

With the use of **dexamethasone** we can reduce...

- ✓ The incidence of children vomiting at home and ED
- ✓ Non-compliance at home
- ✓ TTO dispensing



LEARN

DEXAMETHASONE DOSE

Oral → 0.6 mg/kg⁽³⁾

(*maximum of 16 mg/dose*)

References:

1. **Comparative efficacy of oral dexamethasone versus oral prednisone in acute pediatric asthma** (F. Qureshi et al.)
<http://bit.ly/2kuWKB9>
2. **Dexamethasone for acute asthma exacerbations in children: a meta-analysis** (G.E. Keeney et al.)
<http://bit.ly/2ks1jfn>
3. **Management of Wheeze and Asthma in Children** (Local Paediatric ED guideline)
<http://bit.ly/2IZRWE8>