

Single Maintenance and Reliever Therapy (SMART)

For safety, GINA (Global Initiative for Asthma) no longer recommends treatment of asthma with a short-acting beta-2 agonist (SABA) alone. All asthma treatment regimens should include an ICS (inhaled corticosteroid)-containing controller treatment.

SMART Therapy

- Medication regimen that consists of ICS-formoterol inhaler for daily maintenance treatment and taking additional doses for as needed symptom relief.
 - In mild asthma, treatment with as-needed-only low dose ICS-formoterol reduces the risk of severe exacerbations by about two-thirds versus a SABA alone.
 - Formoterol is a rapid, long-acting beta-2 agonist (LABA) and can be used as a reliever medication in place of a SABA.
 - Currently, the combination of ICS-formoterol is available in two agents, budesonide/formoterol (Symbicort) and mometasone/formoterol (Dulera), with budesonide/formoterol being recommended as first-treatment by the asthma guidelines.
- Patients prescribed ICS-non-formoterol maintenance medication should continue to use SABA as their reliever medication.

ND Medicaid accommodates SMART therapy by allowing 2 Symbicort or Dulera inhalers per 30-day supply not to exceed a total of 9 inhalers per 182 days without prior approval.

References:

1. Global Initiative for Asthma. *Global Strategy for Asthma Management and Prevention, 2022*. Available from: www.ginasthma.org
2. Lin J, Zhou X, Wang C, Liu C, Cai S, Huang M. *Symbicort® Maintenance and Reliever Therapy (SMART) and the evolution of asthma management within the GINA guidelines*. *Expert Rev Respir Med*. 2018 Mar;12(3):191-202. doi: 10.1080/17476348.2018.1429921. Epub 2018 Feb 5. PMID: 29400090.