

Final wording of 'Gold Standard' asthma prescribing practices, refined during the co-design process:

**Gold Standard (1):** SABA inhalers should not be prescribed using a repeat prescription without a robust system in place to ensure SABA over-reliance is identified and addressed\*.

\*Consider limiting automated reissuing to 1 SABA inhaler every 4-6 months with additional requests requiring approval by an appropriate clinician.

**Gold Standard (2):** Inhaler technique will be taught and reviewed during every asthma consultation.

**Gold Standard (3):** Adherence with preventer therapy will be assessed each time an asthma patient is issued a SABA inhaler.

**Gold Standard (4):** All patients using the MART approach should have SABA discontinued within 3 months\* and be advised to return any unused SABA to their pharmacy.

\*SABA can be discontinued for most patients at the time MART is prescribed because formoterol containing ICS/LABA inhalers are as effective at relieving bronchospasm and symptoms as a SABA. For patients that are psychologically dependent on their SABA, a phased withdrawal over 3 months may be appropriate.

**Gold Standard (5):** All patients prescribed a SABA inhaler that have a confirmed diagnosis of asthma will also be prescribed a preventer inhaler.