

## Algorithm B Objective tests for asthma in children and young people aged 5 to 16

### Order of tests

- Perform spirometry in children and young people with symptoms of asthma
- Consider BDR test if spirometry shows an obstruction

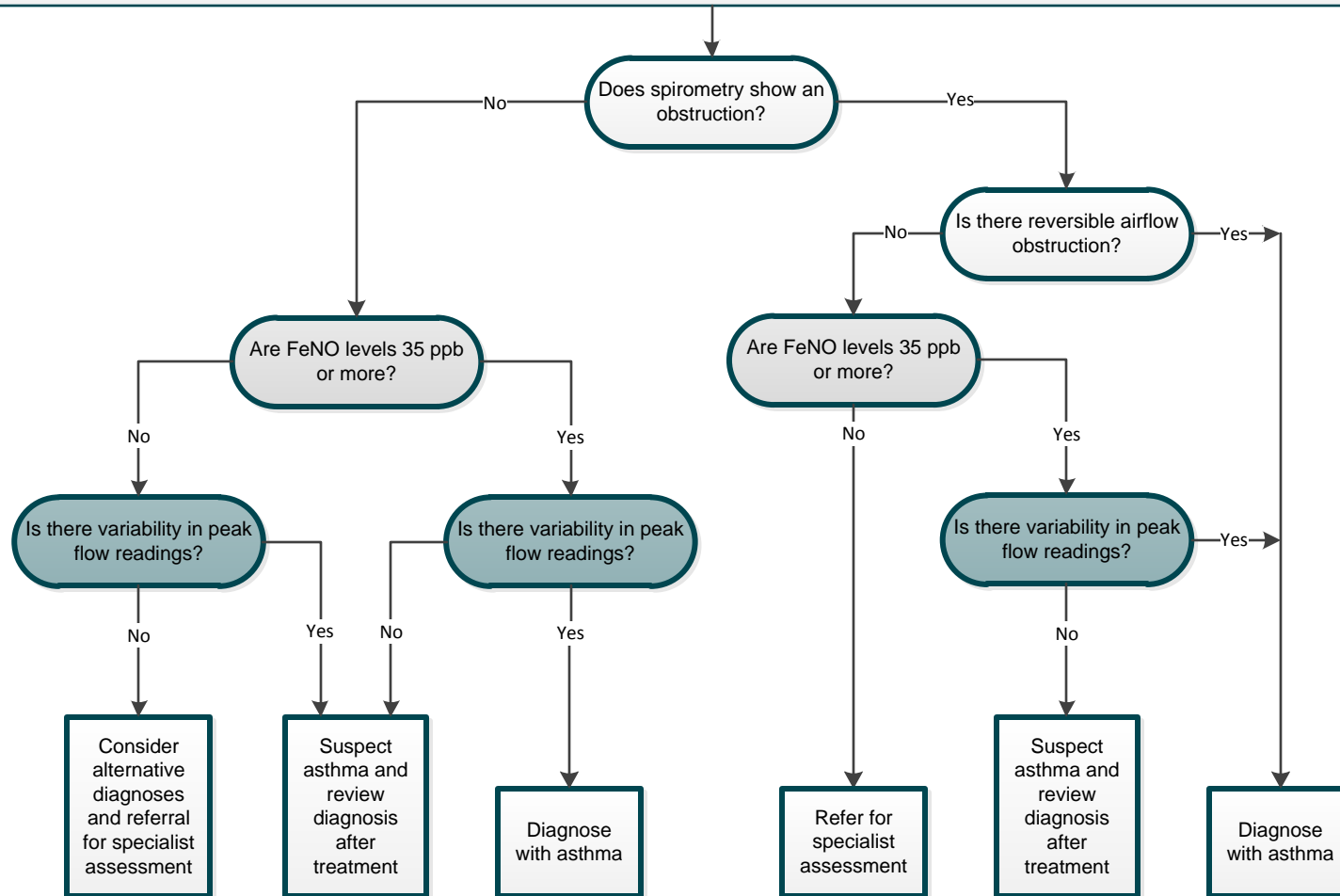
If a child is unable to perform objective tests:

- treat based on observation and clinical judgement **and**
- try doing the tests again every 6 to 12 months

If diagnostic uncertainty remains after spirometry and BDR, consider FeNO

If diagnostic uncertainty remains after FeNO, monitor peak flow variability for 2 to 4 weeks

### Interpretation of test results for children and young people aged 5 to 16 with symptoms suggestive of asthma



#### Abbreviations:

FeNO, fractional exhaled nitric oxide  
BDR, bronchodilator reversibility

#### Positive test thresholds

**Obstructive spirometry:** FEV1/FVC ratio less than 70% (or below the lower limit of normal if available)

**FeNO:** 35 ppb or more

**BDR:** improvement in FEV1 of 12% or more

**Peak flow variability:** variability over 20%

This algorithm is based on recommendations from NICE's guideline on [asthma: diagnosis, monitoring and chronic asthma management](#) (2017)

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