

# Asthma Control Test™ is:

- ▶ A quick test for people with asthma 12 years and older—it provides a numerical score to help assess asthma control.
- ▶ Recognized by the National Institutes of Health (NIH) in its 2007 asthma guidelines.<sup>1</sup>
- ▶ Clinically validated against specialist assessment with spirometry.<sup>2</sup>

**PATIENTS:**

1. Write the number of each answer in the score box provided.
2. Add up the score boxes to get the **TOTAL**.
3. Discuss your results with your doctor.

1. In the past **4 weeks**, how much of the time did your **asthma** keep you from getting as much done at work, school or at home?

All of the time	1	Most of the time	2	Some of the time	3	A little of the time	4	None of the time	5
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SCORE

2. During the past **4 weeks**, how often have you had shortness of breath?

More than once a day	1	Once a day	2	3 to 6 times a week	3	Once or twice a week	4	Not at all	5
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3. During the past **4 weeks**, how often did your **asthma** symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?

4 or more nights a week	1	2 or 3 nights a week	2	Once a week	3	Once or twice	4	Not at all	5
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4. During the past **4 weeks**, how often have you used your rescue inhaler or nebulizer medication (such as albuterol)?

3 or more times per day	1	1 or 2 times per day	2	2 or 3 times per week	3	Once a week or less	4	Not at all	5
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5. How would you rate your **asthma** control during the past **4 weeks**?

Not controlled at all	1	Poorly controlled	2	Somewhat controlled	3	Well controlled	4	Completely controlled	5
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**If your score is 19 or less, your asthma may not be under control.  
No matter what your score, share the results with the doctor.**

TOTAL

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## HEALTHCARE PROVIDER:

- ▶ Include the Asthma Control Test™ score in your patient's chart to track asthma control.

**References:** 1. US Department of Health and Human Services, National Institutes of Health, National Heart, Lung, and Blood Institute. *Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma (EPR-3 2007)*. NIH Item No. 08-4051. <http://www.nhlbi.nih.gov/guidelines/asthma/asthgdln.htm>. Accessed November 8, 2011. 2. Nathan RA et al. *J Allergy Clin Immunol*. 2004;113:59-65.

 GlaxoSmithKline This material was developed by GlaxoSmithKline.