Patient's Name:	Today	ı's Date:

Asthma Control Test™ is:

- A guick 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.¹
- Clinically validated against specialist assessment with spirometry.²

- **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 5		
2. During the past 4 weeks, how often have you had shortness of breath?		
More than once a day Once a day Once a day Once or twice a week Not at all		
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 2 Once a week 3 Once or twice 4 Not at all 5		
4 During the part 4 weeks, how often have you used your recovering larger medication (such as albutarely?		
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 week 2 2 or 3 times per week 3 Once a week or less 4 Not at all 5		
Fill the state of		
5. How would you rate your asthma control during the past 4 weeks?		
Not controlled at all Poorly controlled 2 Somewhat controlled 3 Well controlled 5		
If your coord in 10 or loss your actions may not be under control	TOTAL	
If your score is 19 or less, your asthma may not be under control.		

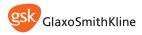
No matter what your score, share the results with the doctor.

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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 July 9, 2010. 2. Nathan RA et al. J Allergy Clin Immunol. 2004;113:59-65.



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