## Asthma Control Test™ (ACT) is:

- A quick test that provides a numerical score to assess asthma control.
- Recognized by the National Institutes of Health (NIH) in its 2007 asthma guidelines.
- Clinically validated against spirometry and specialist assessment.<sup>2</sup>

## PATIENTS:

- 1. Answer each question and write the answer number in the box to the right of each question.
- 2. Add your answers and write your total score in the TOTAL box shown below.
- 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?										SCORE
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	
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	
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	
<b>4.</b> During the past <b>4 weeks</b> , 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	
5. How would you rate your asthma control during the past 4 weeks?										
Not controlle at all	d 1	Poorly controlled	2	Somewhat controlled	3	Well controlled	4	Completely controlled	5	
If your come is 10 or loss your eathers were not be under control										TOTAL
If your score is 19 or less, your asthma may not be under control.										

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The Asthma Control Test is for people with asthma 12 years and older.

## **HEALTHCARE PROVIDER:**

Include the ACT 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 September 10, 2007. 2. Nathan RA et al. J Allergy Clin Immunol. 2004;113:59-65.