

FOR PATIENTS:

Take the Asthma Control Test (ACT) for people 12 yrs and older.

Know your score. Share your results with your doctor.

Step 1 Write the number of each answer in the score box provided.

Step 2 Add the score boxes for your total.

Step 3 Take the test to the doctor to talk about your score.

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 home?

All of the time	Most of the time	Some of the time	A little of the time	None of the time	Score
0	1	2	3	4	

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

More than once a day	Once a day	3 to 6 times a week	Once or twice a week	Not at all	Score
0	1	2	3	4	

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	2-3 nights a week	Once a week	Once or twice	Not at all	Score
0	1	2	3	4	

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	1-2 times per day	2-3 times per week	Once a week or less	Not at all	Score
0	1	2	3	4	

5. How would you rate your asthma control during the past 4 weeks?

Not controlled at all	Poorly controlled	Somewhat controlled	Well controlled	Completely controlled	Score
0	1	2	3	4	

Total Score: _____

If your score is 19 or less, your asthma may not be controlled as well as it could be. Talk to your doctor.

FOR PHYSICIANS:

The Asthma Control Test (ACT) is:

- A simple, 5-question tool that is self-administered by the patient.
- Recognized by the National Institutes of Health.
- Clinically validated by specialist assessment and spirometry.