

Enter Name _____
 Enter Address _____
 Enter City/State/Zip _____

Today's Date: _____
 Patient's Name: _____

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.

<p>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?</p> <p>All of the time (1) Most of the time (2) Some of the time (3) None of the time (4) Not at all (5)</p>	<p>SCORE</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <p>TOTAL</p> <input type="text"/>
<p>2. During the past 4 weeks, how often have you had shortness of breath?</p> <p>More than once a day (1) Once a day (2) 3 to 6 times a week (3) Once a week (4) Not at all (5)</p>	
<p>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?</p> <p>4 or more nights a week (1) 2 or 3 nights a week (2) Once a week (3) Once at night (4) Not at all (5)</p>	
<p>4. During the past 4 weeks, how often have you used your rescue inhaler or nebulizer medication (such as albuterol)?</p> <p>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)</p>	
<p>5. How would you rate your asthma control during the past 4 weeks?</p> <p>Not controlled at all (1) Poorly controlled (2) Somewhat controlled (3) Well controlled (4) Completely controlled (5)</p>	

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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 ACT is:

- A simple, 5-question tool that is self-administered by the patient
- Clinically validated by specialist assessment and spirometry¹
- Recognized by the National Institutes of Health

Reference: 1. Nathan RA et al. *J Allergy Clin Immunol.* 2004;113:59-65.