

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 at home?	All of the time	1	Most of the time	2	Some of the time	3	Little of the time	4	None of the time	5	SCORE	<input type="text"/>
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	Never	5		<input type="text"/>
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	Two or three times a week	4	Never	5		<input type="text"/>
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	4	Never	5		<input type="text"/>
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		<input type="text"/>
											TOTAL	<input type="text"/>

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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. Patient Name: _____

FOR PHYSICIANS: Date: _____

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

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