

# Asthma Control Test™

The Asthma Control Test™ is a way to help determine if your asthma symptoms are well controlled. Take this test if you are 12 years or older. Please bring the completed form with you to your appointment in our office.

This Asthma Control Test is designed for adults and adolescents 12 years or older. If your child is 4 to 11 years old, we will be using a different test when you come to your office appointment.

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
  - Most of the time
  - Some of the time
  - A little of the time
  - None of the time
  
2. During the past 4 weeks, how often have you had shortness of breath?
  - All of the time
  - Most of the time
  - Some of the time
  - A little of the time
  - None of the time
  
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 to 3 nights a week
  - Once a week
  - Once or twice
  - Not at all
  
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 or 2 times per day
  - 2 or 3 times per week
  - Once a week or less
  - Not at all
  
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