

Asthma Control Test

Name:

DOB:

Please note: any data captured in this form will not be passed on to a third party. It will only be used by your healthcare professional.

Why take the Asthma Control Test?

The Asthma Control Test will provide you with a snapshot of how well your asthma has been controlled over the last four weeks, giving you a simple score out of 25. Asthma symptoms can vary from month to month, so it is worth repeating the test each time you are due to undergo an asthma review.

Are you in control of your asthma? Or is your asthma in control of you? Here's how to find out:

Step 1: Read each question below carefully, circle your score and write it in the box.

Step 2: Add up each of your five scores to get your total Asthma Control Test score.

Step 3: Use the score guide to learn how well you are controlling your asthma.

Q1	During the past 4 weeks , how often did your asthma prevent you from getting as much done at work, school or 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

Q2	During the past 4 weeks , how often have you had shortness of breath?				Score:
	More than once a day 1	Once a day 2	3-6 times a week 3	1-2 times a week 4	Not at all 5

Q3	During the past 4 weeks , how often did your asthma symptoms (wheezing, coughing, chest tightness, shortness of breath) wake you up at night or earlier than usual?				Score:
	4 or more times a week 1	2-3 nights a week 2	Once a week 3	Once or twice 4	Not at all 5

Q4	During the past 4 weeks , how often have you used your reliever inhaler (usually blue)?				Score:
	3 or more times a day 1	1-2 times a day 2	2-3 times a week 3	Once a week or less 4	Not at all 5

Q5	How would you rate your asthma control during the past 4 weeks ?				Score:
	Not controlled 1	Poorly controlled 2	Somewhat controlled 3	Well controlled 4	Completely controlled 5

Date:

Total score:

Score: 25

WELL DONE

Your asthma appears to have been under UNDER CONTROL over the last 4 weeks.

Score: 20 to 24

ON TARGET

Your asthma appears to have been REASONABLY WELL CONTROLLED during the past 4 weeks.

Score: Less than 20

OFF TARGET

Your asthma may NOT HAVE BEEN CONTROLLED during the past 4 weeks.

Please return by hand, post or email to queens.crescent@nhs.scot