



Practice Name
Address Here
City, St 41111

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.

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?					SCORE <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> TOTAL <input type="text"/>					
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
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	Not at all	5
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	Once or twice	4	Not at all	5	
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 or less	4	Not at all	5	
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	

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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.