



# Asthma Control Test™

Are your asthma patients  
as well controlled as they could be?

**GSK Respiratory Health - We Live and Breathe it.**



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- ◆ **The Asthma Control Test (ACT)** is a simple, easy-to-use, patient-administered asthma assessment tool.
- ◆ It is validated and shown to be an accurate measure of asthma symptom control.<sup>1</sup>
- ◆ The test can be completed by the patients themselves or in conjunction with a healthcare professional.
- ◆ It allows the patients to “know their asthma score” and can help encourage discussion.

Reference

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

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# Asthma Control Test™

Know your own score – ACT now

Are you in control of your asthma?  
Or is your asthma in control of you?

The Asthma Control Test (ACT) will provide you with a snapshot of how well controlled your asthma has been over the past four weeks, giving you a simple score out of 25. Asthma symptoms can vary from month to month, so it may be worth repeating the test to see if your score has changed.

## Completing the ACT Test:

**Step 1** – Read each question carefully, circle the most appropriate answer and write your score in the box

**Step 2** – Add up your five scores, to get your Asthma Control Test total score

**Step 3** – Use the score guide to learn how well your asthma is controlled

Enter score here – between 1 & 5

1	During the past 4 weeks, how often did your asthma prevent you from getting as much done at work, school or home?	① All of the time	② Most of the time	③ Some of the time	④ A little of the time	⑤ None of the time	
2	During the past 4 weeks, how often have you had shortness of breath?	① More than once a day	② Once a day	③ 3-6 times a week	④ 1-2 times a week	⑤ Not at all	
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?	① 4 or more times a week	② 2 to 3 nights a week	③ Once a week	④ Once or twice	⑤ Not at all	
4	During the past 4 weeks, how often have you used your rescue inhaler (such as salbutamol)?	① 3 or more times a day	② 1 or 2 times a day	③ 2 or 3 times a week	④ Once a week or less	⑤ Not at all	
5	How would you rate your asthma control during the past 4 weeks?	① Not controlled	② Poorly controlled	③ Somewhat controlled	④ Well controlled	⑤ Completely controlled	
							<b>TOTAL</b>

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Patient's Name:

Date: / /

## What does your ACT score mean?

**SCORE  
25  
CONGRATULATIONS!**

Your asthma appears to have been **under control** for the past four weeks. However, if you are experiencing any problems with your asthma, you should see your doctor, nurse or pharmacist.

**SCORE  
20-24  
ON TARGET**

Your asthma appears to have been **reasonably well controlled** during the past four weeks. However, if you are experiencing symptoms, your doctor, nurse or pharmacist may be able to help you aim for full control.

**SCORE  
LESS THAN 20  
OFF TARGET**

Your asthma may **not have been controlled** during the past four weeks. Your doctor, nurse or pharmacist can recommend an asthma action plan to help improve your asthma symptoms.

The Asthma Control Test is a simple, easy-to-use patient-administered, asthma assessment tool. It is validated and shown to be an accurate measure of asthma symptom control.<sup>1</sup>

## What can you do now?

If you would like to aim for better asthma control and to reduce the impact that asthma has on your everyday life, then you should see a healthcare professional for more information. As well as speaking to your doctor or nurse you can also talk to your pharmacist about steps which could help you to improve your asthma control and reduce symptoms.

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