Childhood Asthma Control Test for children 4 to 11 years old.

Know the score.

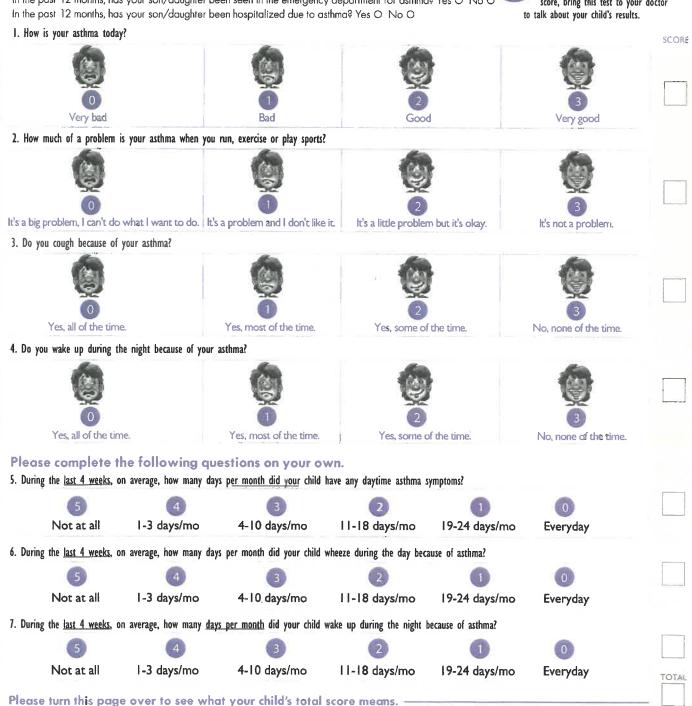
This test will provide a score that may help your doctor determine if your child's asthma treatment plan is working or if it might be time for a change. How to take the Childhood Asthma Control Test

- Step 1 Let your child respond to the first four questions (1 to 4). If your child needs help reading or understanding the question, you may help, but let your child select the response. Complete the remaining three questions (5 to 7) on your own and without letting your child's response influence your answers. There are no right or wrong answers.
- Step 2 Write the number of each answer in the score box provided.
- Step 3 Add up each score box for the total.
- Step 4 Take the test to the doctor to talk about your child's total score.

Have your child complete these questions.

In the past 12 months, has your son/daughter been seen in the emergency department for asthma? Yes O No O

If your child's score is 19 or less, it may be a sign that your child's asthma is not controlled as well as it could be. No matter what the score, bring this test to your doctor



Asthma Control Test™ for teens 12 years and older. Know the score.

If your teen is 12 years or older have him take the test now and discuss the results with your doctor

- Step 1 Write the number of each answer in the score box provided.
- Step 2 Add up each score box for the total.
- Step 3 Take the test to the doctor to talk about your child's total score.

All of the time	Most of the time	2 Some of the time		Allittle of the firme	None of the time	5			
2. During the past 4 weeks, how often have you had shortness of breath?									
More than once a day	Once a day	2 3 to E tim		Ince or twice 4	Not at all	5			
B. 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 or 3 nights a week	2) Once		Once or twice 4	Not at all	5			
4. During the past 4 week 3 or more times per day 1	s, how often ha	ve you used your r	4 2 0						
3 or more	1 or 2 times per day	2 2 ar 3 tim per week	3	nebulizer medicatio	n (such as albute	rol)?			
times per day	1 or 2 times per day	2 2 ar 3 tim per week	3 0 4 weeks?	nebulizer medicatio	n (such as albute	rol)?			

What does it mean if my child scores 19 or less?

- If your child's score is 19 or less, it may be a sign that your child's asthma is not under control.
- Make an appointment to discuss your child's asthma score with their doctor. Ask if you should change your child's asthma treatment plan.
- Ask your child's doctor about daily long-term medications that can help control airway inflammation and constriction, the two main causes of asthma symptoms. Many children may need to treat both of these on a daily basis for the best asthma control.

In the past	12 months, has your	son/daughter bee	en seen in the emergency	department for	asthma? Yes	No
In the past	12 months, has your	son/daughter bee	en hospitalized due to as	sthma? Yes	No	