## 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

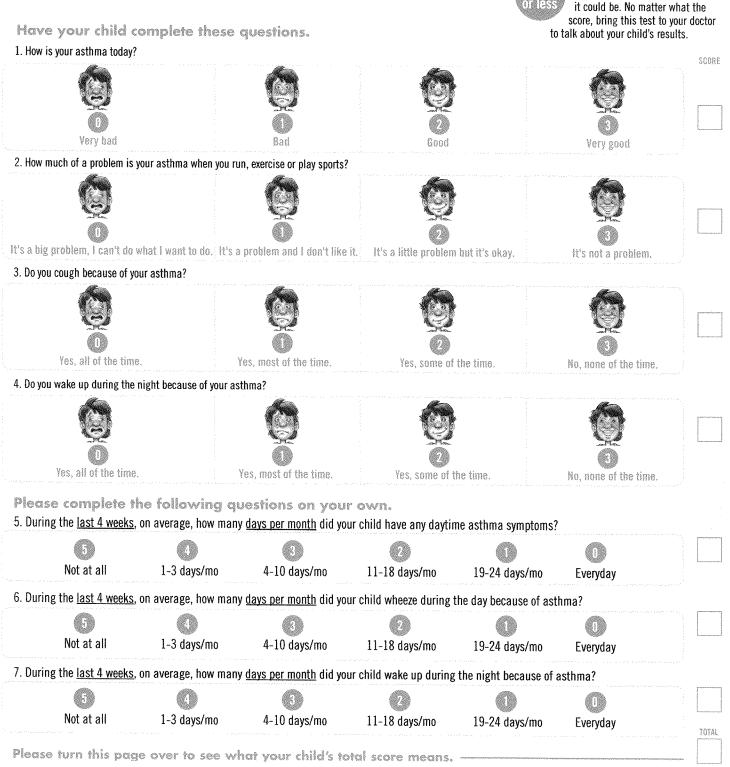
Step 1 Let your child respond to **the first four questions (1 to 4).** If your child needs help reading or understanding the question, you may help, but let your child select the response. Complete the remaining **three questions (5 to 7)** on your own and without letting your child's response influence 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.

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 talk about your child's results.



## 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 prov
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- 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.

	weeks, how much of t as much done at work		<b>ma</b> keep you			
All of the time		2	A little of the time	A None of the time		
<b>2.</b> During the pa	ast <b>4 weeks</b> , how ofter	ı have you had shortn	ess of breath?			
More than once a day		2	Once or t a week	wice Not at all	A. C.	nendanana persona ang persona
3. During the pa or pain) wake	ast <b>4 weeks</b> , how ofter e you up at night or ea	i did your <b>asthma</b> syn Hier than usual in the	nptoms (wheezing, cough morning?	ning, shortness of breath, ch	est tightness,	
4 or more nights a week		2	3 Once or twice	Not at all	5	and the second s
I. During the pa	ast <b>4 weeks</b> , how ofter	ı have you used your r	escue inhaler or nebulize	er medication (such as albu	terol)?	
3 or more times per day		2	Once a wi	eek Not at all	5	and the second s
i. How would yo	ou rate your <b>asthma</b> co	ntrol during the past	4 weeks?	3 1200		
Not controlled at all		2	Well	Completely controlled	<b>(5)</b>	
& AMEDIC	The American Lu	ing Association				annergaanna garaaagaga 🧸
AMERIC LUNG ASSOCI	supports the Ast	hma Control Test one 12 years of age			In constant of the second	Total
	QualityMetric Incorporated. t is a trademark of QualityMetric In	corporated.			an and an	***

## 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.