

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.









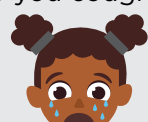
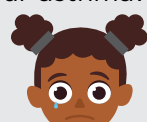

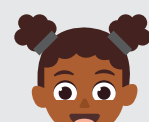




Step 2: Write the number of each answer in the score box provided.

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.

19 or less: 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 to talk about your child's results.

Have your child complete these questions.

				SCORE
1. How is your asthma today?				
 0 Very bad	 1 Bad	 2 Good	 3 Very good	
2. How much of a problem is your asthma when you run, exercise or play sports?				
 0 It's a big problem, I can't do what I want to do.	 1 It's a problem and I don't like it.	 2 It's a little problem but it's okay.	 3 It's not a problem.	
3. Do you cough because of your asthma?				
 0 Yes, all of the time.	 1 Yes, most of the time.	 2 Yes, some of the time.	 3 No, none of the time.	
4. Do you wake up during the night because of your asthma?				
 0 Yes, all of the time.	 1 Yes, most of the time.	 2 Yes, some of the time.	 3 No, none of the time.	

Please complete the following questions on your own.

5. During the last 4 weeks, on average, how many days per month did your child have any daytime asthma symptoms?						
5 Not at all	4 1-3 days/mo	3 4-10 days/mo	2 11-18 days/mo	1 19-24 days/mo	0 Everyday	
6. During the last 4 weeks, on average, how many days per month did your child wheeze during the day because of asthma?						
5 Not at all	4 1-3 days/mo	3 4-10 days/mo	2 11-18 days/mo	1 19-24 days/mo	0 Everyday	
7. During the last 4 weeks, on average, how many days per month did your child wake up during the night because of asthma?						
5 Not at all	4 1-3 days/mo	3 4-10 days/mo	2 11-18 days/mo	1 19-24 days/mo	0 Everyday	
Please turn this page over to see what your child's total score means.						TOTAL

ASTHMA CONTROL TEST FOR TEENS 12 YEARS AND OLDER. KNOW THE SCORE.

If your teen is 12 years or older, have them 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.

						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?	5 None of the time	4 A little of the time	3 Some of the time	2 Most of the time	1 All of the time	<input type="text"/>
2. During the past 4 weeks, how often have you had shortness of breath?	5 Not at all	4 One or twice a week	3 3-6 times a week	2 Once a day	1 More than once a day	<input type="text"/>
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?	5 Not at all	4 Once or twice	3 Once a week	2 2-3 nights a week	1 4 or more nights a week	<input type="text"/>
4. During the past 4 weeks, how often have you used your rescue inhaler or nebulizer medication (such as albuterol)?	5 Not at all	4 Once a week or less	3 2 or 3 times per week	2 1 or 2 times per day	1 3 or more times per day	<input type="text"/>
5. How would you rate your asthma control during the past 4 weeks?	5 Not controlled at all	4 Well controlled	3 Somewhat controlled	2 Poorly controlled	1 Not controlled at all	<input type="text"/>
						TOTAL
						<input type="text"/>



The American Lung Association supports the Asthma Control Test and wants everyone 12 years of age and older with asthma to take it.

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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.

