



Children's Asthma Control Test

A Test For Children Younger Than 12 To Assess Asthma Control

- **Have your child answer the first 4 questions**
- **Answer the last 3 questions yourself.**
Try not to let your child's answers influence your own.
- **Add up the scores to get the total.**
- **Discuss your results with your child's pulmonologist during your next visit.**

1. How is your asthma today?

0 Very Bad	1 Bad	2 Good	3 Very Good
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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	1 It's a problem and I don't like it	2 It's a little problem but it's ok	3 It's not a problem
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3. Do you cough because of your asthma?

0 Yes, all of the time.	1 It's a problem and I don't like it	2 It's a little problem but it's ok	3 It's not a problem
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4. Do you wake up during the night because of your asthma?

0 Yes, all of the time.	1 It's a problem and I don't like it	2 It's a little problem but it's ok	3 It's not a problem
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5. During the past 4 weeks, how often have you had shortness of breath?

4+ nights a week 1	2 or 3 nights a week 2	Once a week 3	Once or twice 0	Not at all
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6. In the past 4 weeks, how often have you a rescue inhaler or nebulizer medication?

3+ times a day 1	1 or 2 times a day 2	2 or 3 times a week 3	Once a week or less 0	Not at all
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7. How would you rate your asthma control during the past 4 weeks?

No control 1	Poorly controlled 2	Somewhat controlled 3	Well controlled 0	Completely controlled
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If your score is less than 20, your asthma may not be as well controlled as it could be.

No matter the score, share the results with your pulmonologist.

If your score is 15 or less, this may be an indication that your asthma is very poorly controlled. It is recommended you contact your pulmonologist immediately.

SCORE

TOTAL