

# Childhood Asthma Control Test™





for children 4 to 11 years old

## How to answer the Childhood Asthma Control Test™





- Step 1 Let your child answer **the first four questions (1 to 4)**. If your child needs help reading or understanding the question, you may help, but let your child choose which answer he/she prefers. 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.

## Ask your child to complete these questions.





1. How is your asthma today?

				Score <input type="text"/>
Very Bad	Bad	Good	Very Good	





2. How much of a problem is your asthma when you run, exercise or play sports?

				Score <input type="text"/>
It's a big problem, I can't do what I want to do	It's a problem and I don't like it	It's a little problem but it's okay	It's not a problem	

3. Do you cough because of your asthma?

				Score <input type="text"/>
Yes, all the time	Yes, most of the time	Yes, some of the time	No, none of the time	

4. Do you wake up during the night because of your asthma?

				Score <input type="text"/>
Yes, all the time	Yes, most of the time	Yes, some of the time	No, none of the time	

## Please complete the following questions on your own

5. During the **last 4 weeks**, how many days did your child have any daytime asthma symptoms?

<input type="text" value="5"/>	<input type="text" value="4"/>	<input type="text" value="3"/>	<input type="text" value="2"/>	<input type="text" value="1"/>	<input type="text" value="0"/>	Score <input type="text"/>
None	1 to 3 days	4 to 10 days	11 to 18 days	19 to 24 days	Every day	

6. During the **last 4 weeks**, how many days did your child wheeze during the day because of asthma?

<input type="text" value="5"/>	<input type="text" value="4"/>	<input type="text" value="3"/>	<input type="text" value="2"/>	<input type="text" value="1"/>	<input type="text" value="0"/>	Score <input type="text"/>
None	1 to 3 days	4 to 10 days	11 to 18 days	19 to 24 days	Every day	

7. During the **last 4 weeks**, how many days did your child wake up during the night because of asthma?

<input type="text" value="5"/>	<input type="text" value="4"/>	<input type="text" value="3"/>	<input type="text" value="2"/>	<input type="text" value="1"/>	<input type="text" value="0"/>	Score <input type="text"/>
None	1 to 3 days	4 to 10 days	11 to 18 days	19 to 24 days	Every day	

Total Score

## What does my child's score mean?

### 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.
- Make an appointment with your child's doctor to discuss the results of the Childhood Asthma Control Test™ and ask if your child's asthma treatment plan should be changed.
- Ask your child's doctor about daily long-term medications that can help control airway inflammation and narrowing, the two main causes of asthma symptoms. Many children may need to treat both on a daily basis for the best asthma control.

### 20 or more

- If your child's score is 20 or more, the asthma may be under control. There are other factors that your child's doctor may take into account when assessing how well your child's asthma is controlled. You should make an appointment with the doctor to discuss your child's asthma.
- Asthma is unpredictable. Your child's asthma symptoms may seem mild or non-existent, but they can flare up at any time.
- Get your child to take the Childhood Asthma Control Test™ regularly no matter how well your child feels. Keep making medical appointments for your child regularly to make sure your child's asthma is treated as well as it can be.