Taylor pediatrics - Dr. D.Bakrli, 23611 Goddard Road, Taylor, MI 48180, Phone: 734-250-7887 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

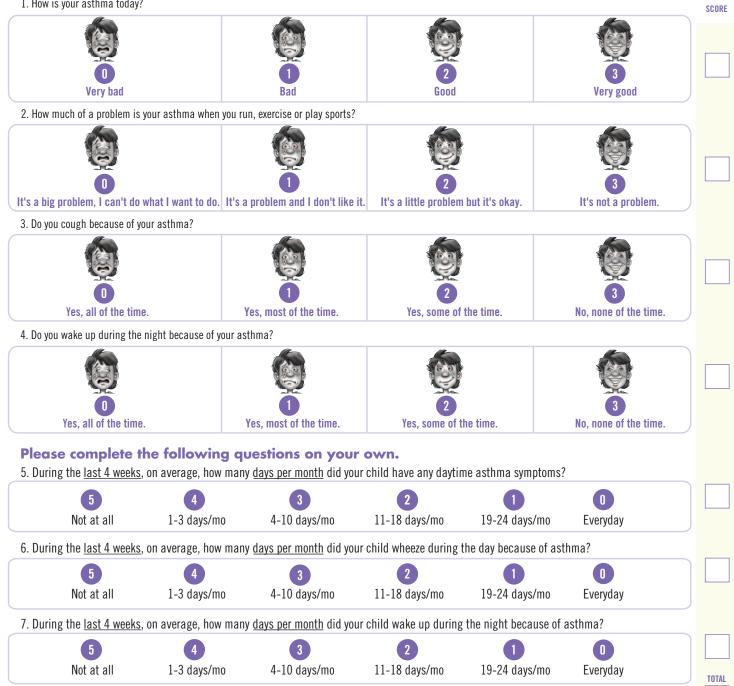
- Step 1 Let your child respond to the first four questions (1 to 4). If your child needs help reading or understanding the question, you may help, but let your child select the response. Complete the remaining three questions (5 to 7) on your own and without letting your child's response influence your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



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.

1. How is your asthma today?



Please turn this page over to see what your child's total score means. -

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 | 1 | Most of the time | 2 Some of the time | 3 A little of the time | 4 None of the time | 5 | |
|---|-------------------|---|---|--|-------------------------|-----------------|--|
| 2 . During the p | ast 4 week | s, how often | have you had shortness | of breath? | | | |
| More than once a day | 1 | Once a day | 2 3 to 6 times a week | 3 Once or twice a week | 4 Not at all | 5 | |
| | | | did your asthma sympto ier than usual in the mo | ms (wheezing, coughing, rning? | shortness of breath, ch | nest tightness, | |
| 4 or more nights a week | 1 | 2 or 3 nights a week | 2 Once a week | 3 Once or twice | 4 Not at all | 5 | |
| | | | | | | | |
| 4. During the p 3 or more times per day | ast 4 week | s, how often 1 or 2 times per day | have you used your resc 2 2 or 3 times per week | ue inhaler or nebulizer me 3 Once a week or less | dication (such as albu | terol)? | |
| 3 or more times per day | 1 | 1 or 2 times per day | 2 or 3 times | 3 Once a week or less | Not | | |
| 3 or more times per day | 1 ou rate you | 1 or 2 times per day | 2 or 3 times per week | 3 Once a week or less | Not | | |

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.