

Childhood Asthma Control Test for children 4 to 11 years old

Take this test together with your child now and discuss the results with your doctor.

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.

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 to discuss the results obtained on the Childhood Asthma Control Test with your child's doctor 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 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.





20 or more

- If your child's score is 20 or more, your child's asthma may be under control. There are other factors that your child's doctor may consider when assessing your child's asthma control. 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 nonexistent, but they can flare up at any time.
- Have your child take the Childhood Asthma Control Test periodically no matter how good your child feels. Continue to have your child see the doctor on a regular basis to make sure your child's asthma is treated as well as it can be.





Have your child complete these questions.

1. How is your asthma today?

SCORE

 0 Very bad	 1 Bad	 2 Good	 3 Very good	<input type="checkbox"/>
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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 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.	<input type="checkbox"/>
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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.	<input type="checkbox"/>
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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.	<input type="checkbox"/>
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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?

5 Not at all	4 1-3 days	3 4-10 days	2 11-18 days	1 19-24 days	0 Everyday	<input type="checkbox"/>
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6. During the last 4 weeks, how many days did your child wheeze during the day because of asthma?

5 Not at all	4 1-3 days	3 4-10 days	2 11-18 days	1 19-24 days	0 Everyday	<input type="checkbox"/>
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7. During the last 4 weeks, how many days did your child wake up during the night because of asthma?

5 Not at all	4 1-3 days	3 4-10 days	2 11-18 days	1 19-24 days	0 Everyday	<input type="checkbox"/>
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TOTAL