

Name: \_\_\_\_\_

Date: \_\_\_\_\_



## Childhood Asthma Control Test for Children 4 to 11 years

This test will help your doctor decide if your asthma is well controlled or not.

How to take the Childhood Asthma Control Test:

- Step 1: Let your child answer questions 1-4. You may help your child understand the question but let them select the response.
- Step 2: Complete questions 5-7 on your own without letting your child's response influence your answers.
- Step 3: Write the number of each answer in the score box provided
- Step 4: Add up each score box to find out your child's total score
- Step 5: Take the total score to your doctors to talk about your child's asthma.



If your child's score is less than 19, it may be a sign that their asthma is not as controlled as it could be. Take this score to your doctor to talk about the results.

### Have your child answer these questions:

1. How is your asthma today?

Score

 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 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 ok	 3 It's not a problem but its
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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
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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
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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 day time asthma symptoms?

5 Not at all	4 1-3 days	3 4-10 days	2 11-18 days	1 19-24 days	0 Everyday
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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
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7. During the last 4 weeks, how many days did your child wake up in 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
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Total  
Score