Today’s Date:

Patient’s Name:

**Childhood Asthma Control Test for children 4 to 11 years.**

This test will provide a score that may help the 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 answer these questions.**

1. How is your asthma today?

**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. Bring this test to

the doctor to talk about the results.

******SCORE**

**0 1 2 3**

**Very bad Bad Good Very good**

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

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**0 1 2 3**

**It’s a little problem but it’s okay.**

**It’s a problem and I don’t like it.**

**It's a big problem, I can't do what I want to do.**

 **It's not a problem.**

3. Do you cough because of your asthma?

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**0 1 2 3**

**Yes, all of the time. Yes, most of the time.**

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

**Yes, some of the time.**

**No, none of the time.**

********

**0 1 3**

**2**

**Yes, all of 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?

**5 4 3 2 1 0**

Not at all 1-3 days 4-10 days 11-18 days 19-24 days Everyday

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

**5 4 3**

**2 1 0**

Not at all 1-3 days 4-10 days 11-18 days 19-24 days Everyday

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

**5 4 3**

**2 1 0**

**TOTAL**