# **ASTHMA CONTROL TEST**

The Asthma Control Test is suitable for individuals 12 years of age and older.

Your Asthma Score will assist your Health Care Professional in helping you reach the best asthma control possible. Asthma Score is a way of working out your level of asthma control. Even if you think your asthma is under control, knowing your Asthma Score is still important. To work out your Asthma Score answer the questions below:

1. In the past 4 weeks, how often did your asthma prevent you from getting as much done at work, school or at home?

|  |  |  |  |
| --- | --- | --- | --- |
| * All of the time
 |   |  |  |
| * Most of the time
 |
| * Some of the time
 |
| * A little of the time
 |
| * Not at all
 |

1. During the past 4 weeks, how often have you had shortness of breath?

|  |  |  |  |
| --- | --- | --- | --- |
| * More than once a day
 |   |  |  |
| * Once a day
 |
| * 3 to 6 times a week
 |
| * Once or twice a week
 |
| * Not at all
 |

1. During the past 4 weeks, how often did your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?

|  |  |  |  |
| --- | --- | --- | --- |
| * 4 or more times a week
 |   |  |  |
| * 2 to 3 nights a week
 |
| * 1 night a week
 |
| * Less than 1 night a week
 |
| * Not at all
 |

1. During the past 4 weeks, how often have you used your reliever medication (such as salbutamol)?

|  |  |  |  |
| --- | --- | --- | --- |
| * 3 or more times a day
 |   |  |  |
| * 1 or 2 times per day
 |
| * 2 or 3 times per week
 |
| * Once a week or less
 |
| * Not at all
 |

1. How would you rate your asthma control during the past 4 weeks?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| * Not controlled
 |  |   |   |  |
| * Poorly controlled
 |  |
| * Somewhat controlled
 |  |
| * Well controlled
 |  |
| * Completely controlled
 |  |

Please provide your name, below and sign to authorise Tassal to provide this information to our medial professionals, Eastern Shore Doctors.

Tassal is collecting, using and disclosing your health status information for the purposes associated with Tassal’s COVID-19 response within Tassal and outside to health authorities as may be necessary for the preservation of public health and safety, and is in accordance with Tassal’s Privacy Policy and the Privacy Act.

|  |  |  |  |
| --- | --- | --- | --- |
| Name: |  | Signature: |  |
| Date: |  |  |  |

Please return by email to liz.luck@tassal.com.au