

IN A NUTSHELL

The knowledge platform for general practitioners

Asthma Control Test™

The «Asthma Control Test™» (ACT) helps patients to assess how well their asthma is under control. This can be used as a basis for optimal therapy. Asthma Control Test™ is a trademark of QualityMetric Incorporated (<https://www.qualitymetric.com/asthma-control-test-act-2021-2/>).

Hindrance

During the **last 4 weeks**, how much of the time has your asthma kept you from getting as much done at work, school or home?

All of the time (+1) Most of the time Some of the time A little of the time None of the time (+5)

Shortness of breath

During the **last 4 weeks**, how often have you had shortness of breath?

>1x per day (+1) 1x per day 3–6x per week 1–2x per week Not at all (+5)

Wake up

During the **last 4 weeks**, how often have your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) woken you up at night or earlier than usual in the morning?

?4 nights per week (+1) 2–3 nights per week 1 night per week 1–2x last month Not at all (+5)

Inhalation

During the **last 4 weeks**, how often have you used your rescue inhaler or nebuliser medication (such as Salbutamol)?

?3 per day (+1) 1–2x per day 2–3x per week ?1 per week Not at all (+5)

Control

How would you rate your asthma control during the **last 4 weeks**?

Not controlled at all (+1) Poorly controlled Somewhat controlled Well controlled Completely controlled (+5)

ACT score:

Interpretation

Points Asthma symptom control

25 Complete

20–24 Good, but not complete

Points Asthma symptom control

16–19 Poor

?15 Very poor

References

1. Nathan RA, Sorkness CA, Kosinski M et al. Development of the asthma control test: a survey for assessing asthma control. *J Allergy Clin Immunol* 2004; 113: 59-65