

## ASSESSING ASTHMA CONTROL

For Patients on an Inhaled Steroid Controller and adherent to that controller 5 of 7 days in a week.

**FIRST ASK: Medication Adherence – how many days in the past month has your child missed taking their controller medication (e.g. Flovent, Asmanex, QVAR, Symbicort), if missed more than 2 days per week on average - use severity assessment chart instead.**

Use ICS Dosing Chart to determine previously diagnosed asthma severity based on prescribed controller medication dose. Determine level of CONTROL according to patient's **age & most serious risk or impairment feature.**

### ASK:

**Risk:** how many times in the last 12 months did your child take a steroid medicine like Prednisolone, Prednisone, Dexamethasone, Solumedrol?

**Impairment:** In the last month not counting this illness: how many days a week did your child have asthma symptoms (cough, wheeze, SOB), how many times in a month did they wake up at night with symptoms, how many times a week did they use their rescue medicine (albuterol) not including pre-exercise, and how much did their asthma interfere with their normal activities – able to go to school, play, etc.

Age Group	Risk	Impairment				Level of control	Recommended Treatment
		Exacerbations Requiring Steroids	Daytime Symptoms	Night-time Awakenings	Use of Albuterol for Symptom Relief		
0-4 Years	0-1 in the last year	≤2 days/ week	≤1x/month	≤2 days/week	None	Well Controlled	Maintain current treatment
	≥ 2 in the last year	>2 days/ week	>1x/ month	>2 days/week	Some limitation	Not Well Controlled	Step up by 1 step & Consult Pulmonary
		Throughout the day	>1x/week	Several x/day	Extremely limited	Very Poorly Controlled	Step up by 1 – 2 steps & Consult Pulmonary
5-11 Years	0-1 in the last year	≤2 days/ week not >1x/day	≤1x/month	≤2 days/week	None	Well Controlled	Maintain current treatment
	≥ 2 in the last year	>2 days/ week or multiple times on ≤2 days/week	≥ 2x/month	>2 days/week not daily	Some limitation	Not Well Controlled	Step up by 1 step & Consult Pulmonary
		Throughout the day	≥2x/week	Several x/day	Extremely limited	Very Poorly Controlled	Step up by 1 – 2 steps & Consult Pulmonary
12 Years to Adult	0-1 in the last year	≤ 2 days/week	≤ 2x/month	≤2 days/week	None	Well Controlled	Maintain current treatment
	≥ 2 in the last year	>2 days/week	1-3x/week	>2days/week	Some limitation	Not Well Controlled	Step up by 1 step & Consult Pulmonary
		Throughout the day	≥4x week	Several x/day	Extremely limited	Very poorly controlled	Step up by 1 – 2 steps & Consult Pulmonary