

IS ASTHMA UNDER CONTROL?

Student: _____ **Date:** _____

If you have been told you have asthma, this simple test from the American College of Allergy, Asthma & Immunology will help you decide if your asthma is well controlled. Check items that describe your experience of asthma. (Ask your parents to help.) If you checked several items it is likely that your asthma is NOT well controlled. Discuss these concerns with your health care provider. Adjustments in your medications and action plan should eliminate these problems.

Activities

- When I walk or do simple chores, I have trouble breathing or I cough.
- When I perform heavier work, such as walking up hills or stairs or doing chores that involve lifting, I have trouble breathing or I cough.
- Sometimes I avoid exercising or taking part in sports like jogging, swimming, tennis or aerobic activities because I have trouble breathing or I cough.
- Sometimes I am unable to sleep through the night due to coughing or breathing problems.

Symptoms

- Sometimes I can't catch a good, deep breath.
- Sometimes I make wheezing sounds in my chest
- Sometimes my chest feels full or tight.
- Sometimes I cough a lot.

Triggers

- Dust, pollen, and pets make my asthma, cough, or breathing worse.
- My asthma gets worse in cold weather.
- My asthma gets worse when I'm around tobacco smoke, fumes, or strong odors.
- When I catch a cold it often goes to my chest.

Hospital Visits

- I made one or more emergency visits due to asthma or breathing problems in the last year.
- I stayed overnight in a hospital due to asthma or breathing problems in the last year.

Medication Problems

- I use my reliever inhaler to stop asthma symptoms more than 2 days a week in the past month.
- Sometimes I don't take my medication because I dislike it or it makes me feel bad.
- My asthma medicine doesn't really control my asthma.
- This new HFA inhaler is different and hard to get used to.

Anxieties

- My asthma or breathing problems control my life more than I would like.
- I feel tension or stress because of my breathing problem or asthma.
- I worry that my breathing problem or asthma affects my health or may even shorten my life.
- I smoke sometimes to alleviate stress and need help to stop smoking.

Completed by: _____