Improving asthma control

The Asthma Control Test (ACT)

Asthma is a major burden to patients

- >358 million people in the world suffer from asthma[1]
- 56–74% of asthma patients experience symptoms impacting on their daily lives[2,3]

Control and prevention of future risk/adverse outcomes are key goals of asthma management

Poor asthma control contributes significantly to the burden of asthma for the patient and continues to be a major global problem and results in reduced quality of life for patients.

The ACT

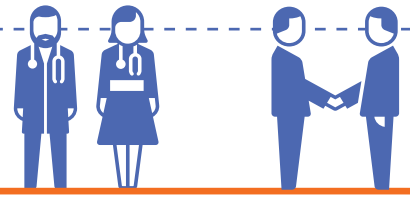
- is a simple test suitable for people with asthma aged 12+
- has been developed by asthma experts and scientifically tested
- takes around 30 seconds to complete
- clinically recognised and validated and used by healthcare professionals globally

Looks at: impact on daily activity, how often patients are short of breath, if their sleep is affected, their inhaler use and their perceived overall asthma control.

It provides: A snapshot of how well controlled a patient's asthma has been over the past four weeks

Asthma patients should discuss their ACT score with their doctor or nurse the next time they see them. This helps ensure patients get the best support and treatment to manage their asthma.

If patients experience worsening of symptoms they should see their doctor immediately.



What is the ACT?

The ACT is a validated, scientifically robust, internationally recognised questionnaire, made up of five questions patients can complete on or offline. The results will let them know how well their asthma has been controlled over the last four weeks.[4,5,6]

It is recommended to complete the test at regular intervals as asthma symptoms can vary from month to month and at different times of the year.

Completing the ACT regularly and talking with their doctor or nurse could help patients manage their asthma better and prevent symptoms which affect their life, helping them to live the life they want.

Take the test at **www.asthmacontroltest.com**

References

1. Vos T, et al. GBD 2015 Disease and Injury Incidence and Prevalence Collaborators. Global, regional, and national incidence, prevalence, and years lived with disability for 310 diseases and injuries, 1990-2015: a systematic analysis for the Global Burden of Disease Study 2015. Lancet 2016;388(10053):1545–1602. 2. Rabe KF, et al. J Allergy Clin Immunol Pract 2015;3(5):734–742. 4. Nathan RA, et al. J Allergy Clin Immunol. 2004;113:59–65; 5. Schatz M, et al. J Allergy Clin Immunol. 2006;117:549–56; 6. Schatz M, et al. J Allergy Clin Immunol. 2009;124:719–23.e1.

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