Improving asthma control
The Asthma Control Test (ACT)

Asthma is a major burden to patients
• >358 million people in the world suffer from asthma1
• 56–74% of asthma patients experience symptoms impacting on their daily lives2,3

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

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

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

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.

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.

I love to go walking but I’m afraid being outdoors will make my asthma worse.”

“I feel like I’m letting my children down as I can’t keep up.”

“I am exhausted as my cough keeps me awake at night.”

Looking 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

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.

References