

**FIGURE 4–7. ASSESSING ASTHMA CONTROL AND ADJUSTING THERAPY IN YOUTHS ≥12 YEARS OF AGE AND ADULTS**

Components of Control		Classification of Asthma Control (≥12 years of age)		
		Well Controlled	Not Well Controlled	Very Poorly Controlled
<b>Impairment</b>	Symptoms	≤2 days/week	>2 days/week	Throughout the day
	Nighttime awakenings	≤2x/month	1–3x/week	≥4x/week
	Interference with normal activity	None	Some limitation	Extremely limited
	Short-acting beta <sub>2</sub> -agonist use for symptom control (not prevention of EIB)	≤2 days/week	>2 days/week	Several times per day
	FEV <sub>1</sub> or peak flow	>80% predicted/ personal best	60–80% predicted/ personal best	<60% predicted/ personal best
	Validated questionnaires			
	ATAQ ACQ ACT	0 ≤0.75* ≥20	1–2 ≥1.5 16–19	3–4 N/A ≤15
<b>Risk</b>	Exacerbations requiring oral systemic corticosteroids	0–1/year	≥2/year (see note)	
		Consider severity and interval since last exacerbation		
	Progressive loss of lung function	Evaluation requires long-term followup care		
	Treatment-related adverse effects	Medication side effects can vary in intensity from none to very troublesome and worrisome. The level of intensity does not correlate to specific levels of control but should be considered in the overall assessment of risk.		
<b>Recommended Action for Treatment</b> (see figure 4–5 for treatment steps)		<ul style="list-style-type: none"> <li>Maintain current step.</li> <li>Regular followups every 1–6 months to maintain control.</li> <li>Consider step down if well controlled for at least 3 months.</li> </ul>	<ul style="list-style-type: none"> <li>Step up 1 step and Reevaluate in 2–6 weeks.</li> <li>For side effects, consider alternative treatment options.</li> </ul>	<ul style="list-style-type: none"> <li>Consider short course of oral systemic corticosteroids.</li> <li>Step up 1–2 steps, and Reevaluate in 2 weeks.</li> <li>For side effects, consider alternative treatment options.</li> </ul>

— \*ACQ values of 0.76–1.4 are indeterminate regarding well-controlled asthma.  
 — Key: EIB, exercise-induced bronchospasm; ICU, intensive care unit

**Notes:**

- The stepwise approach is meant to assist, not replace, the clinical decisionmaking required to meet individual patient needs.
- The level of control is based on the most severe impairment or risk category. Assess impairment domain by patient’s recall of previous 2–4 weeks and by spirometry/or peak flow measures. Symptom assessment for longer periods should reflect a global assessment, such as inquiring whether the patient’s asthma is better or worse since the last visit.
- At present, there are inadequate data to correspond frequencies of exacerbations with different levels of asthma control. In general, more frequent and intense exacerbations (e.g., requiring urgent, unscheduled care, hospitalization, or ICU admission) indicate poorer disease control. For treatment purposes, patients who had ≥2 exacerbations requiring oral systemic corticosteroids in the past year may be considered the same as patients who have not-well-controlled asthma, even in the absence of impairment levels consistent with not-well-controlled asthma.
- Validated Questionnaires for the impairment domain (the questionnaires do not assess lung function or the risk domain)
  - ATAQ = Asthma Therapy Assessment Questionnaire© (See sample in “Component 1: Measures of Asthma Assessment and Monitoring.”)
  - ACQ = Asthma Control Questionnaire© (user package may be obtained at [www.qoltech.co.uk](http://www.qoltech.co.uk) or [juniper@qoltech.co.uk](mailto:juniper@qoltech.co.uk))
  - ACT = Asthma Control Test™ (See sample in “Component 1: Measures of Asthma Assessment and Monitoring.”)
  - Minimal Important Difference: 1.0 for the ATAQ; 0.5 for the ACQ; not determined for the ACT.
- Before step up in therapy:
  - Review adherence to medication, inhaler technique, environmental control, and comorbid conditions.
  - If an alternative treatment option was used in a step, discontinue and use the preferred treatment for that step.