

Improving asthma control

The Asthma Control Test (ACT)



Asthma is a major burden to patients

- Around 2.7 million Australians live with asthma¹
- 50% of patients are still experiencing asthma symptoms^{2*}

Symptom control and the future risk of adverse outcomes, such as exacerbations, are key goals of asthma management³

"We have to tailor the sort of holidays that we have now, to take account for my asthma"⁴



"I might not notice it until I'm sort of walking up a steep hill for a few minutes or it may affect me just going up a few stairs."⁴

Poor asthma control continues to be a major global problem, contributing to patients' burden of asthma and reduced quality of life⁵

"As soon as you lie down it starts you off coughing so you have to sit up. And you're doing that for several days on end."⁴

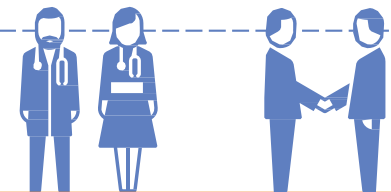
The ACT^{6,7}

- is a simple test suitable for people with asthma aged 12+
- has been developed by asthma experts
- takes around 30 seconds for patients to complete
- is validated, scientifically robust and internationally recognised
- is used by HCPs around the world



Asthma patients should discuss their ACT score with their healthcare professional regularly. This helps ensure patients get the best support and treatment to manage their asthma⁸.

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



Looks at:

- activity limitation
- shortness of breath
- if sleep is affected
- inhaler use
- perceived overall asthma control.



Results: All items refer to the last 4 weeks, there are five questions which are scaled from 1 to 5.

It provides: A snapshot of how well controlled a patient's asthma has been.

ACT score⁷

The sum score indicates asthma control with values of:

- ≥20 : Well-controlled
- 16–19: Not well-controlled
- 5–15: Very poor control

A change of 3 points is considered to be clinically important⁹



An ACT score ≤19 is useful for identifying patients with poorly controlled asthma as defined by GINA¹⁰.

Help your patients live the life they want Completing the ACT regularly and discussing the results could help patients manage their asthma better and prevent symptoms which affect their life⁸.



*National online survey of moderate to severe asthma patients ≥18 years of age (n=1000). Aim was to understand insights into the daily life of people with asthma.

References: 1. Australian Bureau of Statistics. National Health Survey 2017-18. Available from <https://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.001-2017-18-Main%20Features-Asthma-35>. Accessed July 2020 2. National Asthma Council Australia and The Pharmacy Guild of Australia. Short on Air Survey 2010. Available from <https://assets.nationalasthma.org.au/resources/short-on-air.pdf>. Accessed August 2017. 3. Global Initiative for Asthma. Global strategy for asthma management and prevention 2017. Available from www.ginasthma.org (accessed 25 August 2017) 4. HealthTalk Online. University of Oxford. Available from <http://www.healthtalk.org/peoples-experiences/long-term-conditions/asthma/what-asthma-feels>. Accessed August 2017. 5. Braido F. Scientifica. 2013; doi:10.1155/2013/549252. 6. Nathan RA, et al. J Allergy Clin Immunol. 2004;113:59-65. 7. Schatz M, et al. J Allergy Clin Immunol. 2006;117:549-56. 8. Reddel H, et al. The Medical Journal of Australia. 2015;202(9):492-7. 9. Schatz M, et al. J Allergy Clin Immunol. 2009;124:719-23.e1. 10. Thomas, M, et al. Primary Care Respiratory Journal. 2009;18(1): 41-49. PM-AU-FFV-LBND-200001 Date of Approval: September 2020

Step 1 Answer these simple questions.

- Q1** In the **past 4 weeks**, how often did your asthma prevent you from getting as much done at work, school or home? **SCORE**
- All of the time **1**
 Most of the time **2**
 Some of the time **3**
 A little of the time **4**
 Not at all **5**
 SCORE
- Q2** During the **past 4 weeks**, how often have you had shortness of breath?
- More than once a day **1**
 Once a day **2**
 3 to 6 times a week **3**
 Once or twice a week **4**
 Not at all **5**
 SCORE
- Q3** During the **past 4 weeks**, how often did your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?
- 4 or more times a week **1**
 2 to 3 nights a week **2**
 1 night a week **3**
 Less than 1 night a week **4**
 Not at all **5**
 SCORE
- Q4** During the **past 4 weeks**, how often have you used your reliever medication (such as salbutamol)?
- 3 or more times a day **1**
 1 or 2 times per day **2**
 2 or 3 times per week **3**
 Once a week or less **4**
 Not at all **5**
 SCORE
- Q5** How would you rate your asthma control during the **past 4 weeks**?
- Not controlled **1**
 Poorly controlled **2**
 Somewhat controlled **3**
 Well controlled **4**
 Completely controlled **5**
 SCORE

Step 2 Add up each score to get the total.

TOTAL

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References: 1. Development of the Asthma Control Test: A survey for assessing asthma control; Nathan RA et al, J Allergy Clin Immunol 2004;113:59-65. 2. The Asthma Control Test™ (ACT) as a predictor of GINA guideline-defined asthma control: analysis of a multinational cross-sectional survey; Thomas M et al, Prim Care Resp J 2009; 18(1): 41-49.