

ASTHMA GUIDELINE

Classification of Control for Known Asthmatics >12 Years Old

	Well Controlled	Not Well Controlled	Very Poorly Controlled
Symptoms:	<2 days/week	2 days/week	Throughout the day
Nighttime Awakenings:	< 2x/month	1-3x/week	>4x/week
Interference W/Activity:	None	Some limitation	Extremely limited
SABA Use for Control (not EIB):	<2 days/week	Several times per day	>2 days/week
Lung Function: FEV1 or Peak Flow:	>80% predicted/personal best	60-80% predicted/personal best	<60% predicted/personal best
Validated Questionnaire ACT:	ACT>20	ACT 16-19	ACT<15
Exacerbations Requiring Systematic Corticosteroids:	None	>2x/year	>2x/year
ACTION:	Maintain current STEP follow up every 1-6 mos PRN	STEP up 1 step and reevaluate in 2-6 weeks	STEP up 1-2 steps and reevaluate in 2 weeks

* **EIB** - Exercise Induced Bronchospasm

* **SABA** - Short Acting Beta Agonist

* From NIH Asthma Guidelines Summary 2007