

Asthma Control Tools: Users' Guide

Introduction to the updated guide, 2016

Asthma control in clinical practice refers to the extent to which the effects of asthma can be seen in the patient, or have been reduced or removed by treatment. Like most diseases, the way in which asthma presents is patient-specific, where attention to numerous physiological, life-style and environmental factors need to be considered. Therefore, achieving asthma control can be an extremely complicated and arduous process. Once a patient has managed to gain control, *maintaining* control over a period of time, is yet another challenge. Since the clinical manifestations of asthma vary in frequency and intensity, a standardized approach to the assessment of asthma control is necessary (Bime et al., 2012).

Project Objectives

Ongoing research resulting in practical improvements to asthma care and control over the past 8 years, have prompted the IPCRG team to revise the 2007 User's Guide to measuring asthma control in primary practice. Preliminary work on an update to the 2007 Guide (below) began in the spring 2013 and was completed in mid 2016. Specifically, project objectives at that time were to:

1. review, refine and execute a targeted literature search to investigate and update the validated tools used for assessing clinical control of asthma [in adult patients] in primary care practice;
2. evaluate results from the data extracted from the literature;
3. narrow down the number of tools down to a manageable level;
4. administer a survey to IPCRG member to score and provide qualitative feedback and expert opinion;
5. update the current Users' Guide (2007) to assist health care professionals in clinical practice using a simple, descriptive approach; and
6. co-author manuscript for publication in an online journal to disseminate findings and results to a wider audience.

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Please download the guide, including references, [here](#).

We hope you find this useful and welcome your feedback.

Original 2007 Guide:

Need help assessing how Asthma is affecting your patients' quality of life?

As a busy primary health care professional, you probably don't have time to evaluate the dozens of tools that have been developed for this purpose.

1. A brief summary of how each tool works and where to get it
2. A "smiley face" sample grid showing how the IPCRG team rated the tools against the criteria

CRITERIA / TOOL	Fully validated in all ages	Clinically meaningful	Practical for use in primary care consultations	Flexible administration eg postal, telephone, self-completion, electronic	Suitable for different age ranges: children and adults	Available in different languages (1)
RCP 3 Questions						
RCP 21 Questions						
Rules of two TM						
The 30 Second Asthma Test TM						
ACQ						
ACT						
ATAQ						

Download

1. IPCRG Users' Guide (CCL "Some Rights Reserved")
2. Powerpoint slides describing this material
3. Excel document with table displaying rating of tools by selected criteria

Other guides in COPD assessment

- For a similar practical guide to assess COPD wellness please see: [Guide to COPD Wellness Assessment Tools](#)
- [Users' guide to measuring co-morbidity in COPD](#)

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