

## Asthma Control

Adapted from Navigating New Age Asthma Therapy

By Andria Peterson, PharmD

Components of control	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 with normal activity	None	Some limitation	Extremely limited
SABA use	≤ 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

Asthma Control	Recommended Action for Treatment
Well Controlled	-Maintain current step -Regular follow-up Q 1-6 months -Consider step down if well controlled for at least 3 months
Not Well Controlled	-Step up 1 step -Reevaluate in 2-6 weeks -Consider alternative therapies for adverse-reactions
Very Poorly Controlled	-Consider short course of oral corticosteroids -Step up 1-2 steps -Reevaluate in 2 weeks -Consider alternative therapies for adverse-reactions

Reference(s):

- National Heart, Lung and Blood Institute. Expert Panel Report 3: Guidelines for the diagnosis and management of asthma. 2007;1-417