

APPENDIX 3. ASSESSING CONTROL: THE QUICK METHOD

Question	Indicators of <i>Acceptable Asthma Control</i>
How often are you having daytime symptoms?	< 4 days/week
How often are you having nighttime symptoms?	< 1 night/week
How would you rate your physical activity?	Normal
How would you describe your exacerbations (severity, frequency)?	Mild, infrequent
How often are you absent from work or school?	No absent days
How often do you need to use your reliever medication?	< 4 doses/week [Note: May use up to 1 dose/day to <i>prevent</i> exercise-induced symptoms]
What are the results of your most recent spirometry or peak flow measurement?	> 85% of personal best, ideally 90% [My personal best is _____]
On a recent day, what was your highest peak flow reading? _____ lowest peak flow reading? _____ diurnal variation? _____	< 10-15% of diurnal variation [Calculate this value by: subtracting the lowest PEF from the highest, then dividing by the highest PEF, and expressing the result as a percent. Example 1: If highest PEF is 400 and lowest is 300, the difference between the highest and lowest is 100 (ie, 400 - 300). So, <i>diurnal variation</i> = $100 \div 400 = 0.25 = 25\%$ As this value is greater than 15%, it would indicate an unacceptable level of control.] Example 2: If best PEF is 320 and lowest is 300, it would be $(320-300) \div 320 = 0.062 = 6.25\%$. This diurnal variation would be acceptable.

Note: Expected values for peak expiratory flow rates (PEFR) vary considerably according to a person's age, sex, and size. An easy to remember approximation is: $PEFR (L/min) = [Height (cm) - 80] \times 5$

Adapted from: Lemiere C, Bai T, Balter M, Bayliff C, Becker A, Boulet LP et al. Adult Asthma Consensus Guidelines Update 2003. *Can Respir J* 2004; 11(Suppl A):9A-18A.

