

# Assessing Asthma Control and Adjusting Therapy in Children 5 to 11 Years of Age

Components of Control		Well Controlled	Not Well Controlled	Very Poorly Controlled
<b>Impairment</b>	Symptoms	≤2 days/week but not more than once on each day	>2 days/week or multiple times on ≤2 days/week	Throughout the day
	Nighttime awakenings	≤1x/month	≥2x/month	≥2x/week
	Interference with normal activity	None	Some limitation	Extremely limited
	SABA use for symptom control (not prevention of EIB)	≤2 days/week	>2 days/week	Several times per day
	Lung function	>80% predicted/ personal best	60%-80% predicted/ personal best	<60% predicted/ personal best
	• FEV <sub>1</sub> or peak flow • FEV <sub>1</sub> /FVC	>80%	75%-80%	<75%
<b>Risk</b>	<b>Exacerbations requiring oral systemic corticosteroids</b>	0-1/year	≥2/year	
	Reduction in lung growth	<b>Consider severity and interval since last exacerbation</b>		
	Treatment-related adverse effects	Evaluation requires long-term follow-up		
<b>Recommended Action for Treatment</b>		Medication side effects can vary in intensity from none to very troublesome and worrisome. The level of intensity does not correlate to specific levels of control but should be considered in the overall assessment of risk		
		<ul style="list-style-type: none"> <li>Maintain current step</li> <li>Regular follow-up every 1 to 6 months</li> <li>Consider step down if well controlled for at least 3 months</li> </ul>	<ul style="list-style-type: none"> <li>Step up at least 1 step and Reevaluate in 2 to 6 weeks</li> <li>For side effects, consider alternative treatment options</li> </ul>	<ul style="list-style-type: none"> <li>Consider short course of oral systemic corticosteroids</li> <li>Step up 1 or 2 steps, and Reevaluate in 2 weeks</li> <li>For side effects, consider alternative treatment options</li> </ul>

Adapted from National Asthma Education and Prevention Program. *Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma* (EPR-3 2007). U.S. Department of Health and Human Services. Available at: <http://www.nhlbi.nih.gov/guidelines/asthma/asthgdln.pdf>.