

Systematic Review based Control Tool	Study Interpretation of Control Model
Specific Tool Control Assessment	
1 - RCP 3 Questions	
Poor Control = A positive answer to any question.	Poor Control = A positive answer to any question i.e. either day or night symptoms, or activity limitation.
Good Control = No to all questions	Good Control = No day or night symptoms and no activity limitation
2 - Jones Morbidity Index	
Low = 0 Yes answers Medium = 1 Yes answer High = 2-3 Yes answers	Poor Control = ‘Yes’ answer to any question i.e. night symptoms; symptom frequency; days off due to asthma. Good Control = No ‘Yes’ to any question
Composite Control Assessment	
3 - Controlled - GINA	
Daytime symptoms – ≤ 2 per week Nocturnal symptoms - None Activity limitation – None Reliever medication – Twice or less per week PEFR – Normal	Daytime symptoms = ≤ 2 APRS score Night-time symptoms = 0 APRS score Activity limitation = 0 APRS score Reliever medication = <1-2 per week All above in previous 4 weeks PEF ≥80% predicted on day of review.
4 – Moderately Controlled - GOAL study	
Daytime symptoms – 2-6 days/month Nocturnal symptoms - 3-4 nights/month Activity limitation – None Reliever medication – Minimal Days Off - None PEFR – Normal	Daytime symptoms = ≤ 2 APRS score Night-time symptoms = ≤1 APRS score Activity limitation = 0 APRS score Reliever medication = <1-2 per week Days Off = 0 All above in previous 4 weeks PEF ≥80% predicted on day of review.
5 - Totally Controlled - GOAL study	
Daytime symptoms – None/Minimal Night-time symptoms - None Activity limitation – None Reliever medication – None/Minimal Days Off - None PEFR – Normal	Daytime symptoms = 0 APRS score Night-time symptoms = 0 APRS score Activity limitation = 0 APRS score Reliever medication = <1-2 per week Days Off = 0 All above in previous 4 weeks PEF ≥80% predicted on day of review.
Single Item Control Assessment	
6 - Overuse of Short Acting Bronchodilator (SAB)	Poor Control = ≥ twice a day Good Control = ≤ once a day
7 - Peak Expiratory Flow Rate (PEFR)	Poor Control = <80% predicted/best Good Control = ≥80% predicted/best
8 - Severity by British Thoracic Society (BTS) treatment step	Severe = Steps 3, 4 or 5 Not Severe = Steps 0, 1 or 2