



Children's Hospital Association of Texas
Safety and Quality Collaborative
Asthma Management Pathway (ED and IP)

Mini Pediatric Asthma Control Tool
(M-PACT)

Please take time to fill out this checklist. This checklist can help doctors and nurses (and you!) to know how to best help your child manage his or her asthma.

- Children may have different *signs* of asthma.
- Signs of asthma get worse during an asthma *flare* (also known as an attack or exacerbation)

What are the signs of asthma for your child? (check all that apply)

- | | |
|---|---|
| <input type="checkbox"/> Coughs | <input type="checkbox"/> Wheezes (a whistling in the chest) |
| <input type="checkbox"/> Gets mucus in his or her chest | <input type="checkbox"/> Gets short of breath |
| <input type="checkbox"/> Feels chest pain or tightness | <input type="checkbox"/> Breathes fast |

Think about the past 3 months

- How often did these things happen when your child was feeling his or her best and not having an asthma flare? (check one)

1. Asthma symptoms with running or sports
2. Asthma symptoms while asleep at night
3. He or she needed to take albuterol or other quick-relief medicine for asthma symptoms

	Never	Once or twice a month	Once or twice a week	Every other day	Every day	More than once a day
1. Asthma symptoms with running or sports						
2. Asthma symptoms while asleep at night						
3. He or she needed to take albuterol or other quick-relief medicine for asthma symptoms						

Responses in the shaded area above indicate the presence of
persistent asthma symptoms

Reference

Sampayo, E.; Chew, A; Zorc, J.;(2010). Make an M-PACT on asthma: rapid identification of persistent asthma symptoms in a pediatric emergency department. *Pediatric Emergency Care*, 1, 1-5.
<http://www.ncbi.nlm.nih.gov/pubmed/20042916>