

**Table 2: Asthma Control Criteria**

CHARACTERISTIC	FREQUENCY OR VALUE
Daytime symptoms	< 4 days/week
Night-time symptoms	< 1 night/week
Physical activity	Normal
Exacerbations	Mild, infrequent
Absence from work or school due to asthma	None
Need for a fast-acting beta <sub>2</sub> -agonist	< 4 doses/week
FEV <sub>1</sub> or PEF	≥ 90% personal best
PEF diurnal variation*	< 10%-15%
Sputum eosinophils <sup>†</sup>	< 2%-3%

\* Diurnal variation is calculated as the highest peak expiratory flow (PEF) minus the lowest divided by the highest peak flow multiplied by 100 for morning and night (determined over a two-week period). <sup>†</sup> Consider in adults with uncontrolled moderate to severe asthma who are assessed in specialist centres. FEV<sub>1</sub> Forced expiratory volume in 1s. Adapted from reference 4.

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