

Why **AIRQ**[®] (Asthma Impairment & Risk Questionnaire) can be Right for **YOUR Practice!**



What is the **AIRQ**[®]?¹

The **AIRQ**[®] is an asthma control tool that has been validated against a standard of current ACT[™] score (impairment) + prior-year, chart-documented exacerbations (risk) in 442 patients ≥ 12 years with a previous diagnosis of asthma.

- 10-item, yes/no, equally weighted, low literacy demand questionnaire
- 7 impairment items with 2-week recall periods and 3 risk items with 12-month recall periods
- **90% sensitivity** to identify **well-controlled** vs **not well-/very poorly controlled** asthma
- **96% specificity** to identify **very poorly controlled** vs **well-/not well-controlled** asthma

The **AIRQ**[®] is intended to be used annually as a shared decision-making tool to heighten clinician and patient awareness of asthma control.

Methods

A cross-sectional study with 442 patients ≥12 years diagnosed with asthma were included to validate the **AIRQ**[®] as a composite measure to evaluate current asthma control relative to a standard of ACT[™] score and prior 12-month chart documented exacerbations reports.¹

These patients, along with 670 additional patients (≥12 years), also participated in a 12-month longitudinal study to assess the construct validity of **AIRQ**[®], a Follow-up **AIRQ**[®], and the ability of **AIRQ**[®] to predict future risk for exacerbations based on monthly patient reports.²⁻⁵

How does the **AIRQ**[®] reflect current asthma control?

- As **AIRQ**[®] control categories worsened, so did lung function¹
- **AIRQ**[®] control categories are related to measures of Health-Related Quality of Life and adherence²
- As patient's self-perception of asthma control, symptom severity, and health risk from asthma **WORSENE**², so did mean **AIRQ**[®] score²

AIRQ[®] (Asthma Impairment and Risk Questionnaire)

For use by health care providers with their patients 12 years and older who have been diagnosed with asthma. **AIRQ**[®] is intended to be part of an asthma clinic visit.

Please answer all of the questions below.

In the past 2 weeks, has coughing, wheezing, shortness of breath, or chest tightness:

1. Bothered you during the day on **more than 4 days?**
2. Woke you up from sleep **more than 1 time?**
3. Limited the activities you want to do **every day?**
4. Caused you to use your rescue inhaler or nebulizer **every day?**

In the past 2 weeks:

5. Did you have to limit your social activities (such as visiting with friends/relatives or playing with pets/children) because of your asthma?
6. Did coughing, wheezing, shortness of breath, or chest tightness limit your ability to exercise?
7. Did you feel that it was difficult to control your asthma?

In the past 12 months, has coughing, wheezing, shortness of breath, or chest tightness:

8. Caused you to take steroid pills or shots, such as prednisone or Medrol[®]?
9. Caused you to go to the emergency room or have unplanned visits to a health care provider?
10. Caused you to stay in the hospital overnight?

What Does My **AIRQ[®] Score Mean?**

The **AIRQ**[®] is meant to help your health care providers talk with you about your asthma control. The **AIRQ**[®] does not diagnose asthma. Whatever your **AIRQ**[®] score (total **YES** answers), it is important for your health care team to discuss the number and answers to each of the questions with you. All patients with asthma, even those who may be well-controlled, can have an asthma attack. As asthma control worsens, the chance of an asthma attack increases. Only your medical provider can decide how best to assess and treat your asthma.

Health Care Providers and Patients Take Action Together to Control Asthma

0-1 Well-controlled 2-4 Not Well-controlled 5-10 Very Poorly Controlled

SCAN here to visit airqscore.com

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The **AIRQ**[®] is *not* intended to:

- Diagnose asthma
- Replace the advice or treatment of a health care practitioner
- Direct specific actions to treat, mitigate, or improve asthma
- Collect or store any laboratory values or lung function test values

What if I want to assess more frequently than annually?

- There is the Follow-up **AIRQ**[®] with a **3-month** Exacerbation Recall Period
- The **ONLY** difference in language is in the exacerbation risk **recall period**
- Follow-up **AIRQ**[®] discriminates asthma control levels similarly to the **AIRQ**[®]³

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Can AIRQ[®] predict **FUTURE** patient-reported exacerbations?

- Each 1-point increase in AIRQ[®] score at baseline was associated with a 30% increased risk of 1 or more exacerbations in the following year⁴
- Worsening AIRQ[®] control categories were associated with increased exacerbation risk⁴

Not Well-Controlled

2.14X

Very Poorly Controlled

4.60X

the risk of a future
exacerbation

vs

Well-Controlled

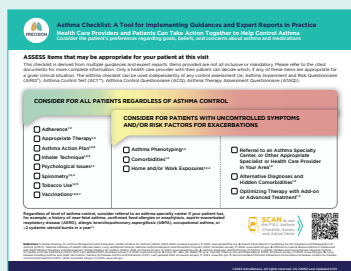
How might **AIRQ**[®]
compare to **ACT**[™] in
assessing asthma control?⁵

3X

more patients with prior year exacerbations who were rated as well-controlled at baseline by the ACT[™] had exacerbations in the subsequent year compared to those rated as well-controlled by the AIRQ[®].*

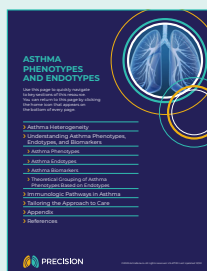
The AIRQ[®] may *assist you* in **better** identifying patients at risk of exacerbations

What Educational Resources are Available?



Asthma Checklist

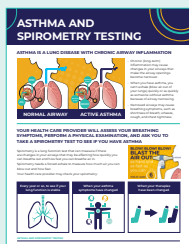
Consolidates key concepts found in multiple guidances and expert reports on asthma assessment, management and patient education.



Provider Resources

Features in-depth resources for self-directed review including:

- Asthma Phenotypes and Endotypes
- Inhaler Selection and Technique Training
- Selections from US Guidelines & Global Report
- Systematic Approach to Spirometry
- Understanding Comorbidities Associated with Asthma
- Using an Asthma Action Plan



Patient Education & Animations

Features in-depth resources for patients or caregivers including:

- Asthma and Other Health Conditions
- Asthma and Spirometry Testing
- Using Your pMDI
- Understanding Airway Inflammation in Asthma
- Using Your pMDI with a Spacer

Available
in both
English
and
Spanish!

Access AIRQ[®] and current **PRECISION** educational resources at
www.airqscore.com



*Among participants who were rated at baseline as completely or well-controlled by themselves, their physicians, the ACT[™], or the AIRQ[®] and who had experienced ≥ 1 prior-year exacerbation, 106 of 215 (49%), 82 of 169 (49%), 69 of 155 (45%), and 22 of 59 (37%) respectively, experienced ≥ 1 exacerbation over the following 12 months.

1. Murphy KR, Chipps B, Beuther DA, et al; US PRECISION Advisory Board. Development of the Asthma Impairment and Risk Questionnaire (AIRQ): a composite control measure. *J Allergy Clin Immunol Pract.* 2020;8(7):2263-2274.e5. 2. Reibman J, Chipps BE, Zeiger RS, et al. Relationship Between Asthma Control as Measured by the Asthma Impairment and Risk Questionnaire (AIRQ) and Patient Perception of Disease Status, Health-Related Quality of Life, and Treatment Adherence. *J Asthma Allergy.* 2023;16:59-72. 3. Chipps BE, Murphy KR, Wise RA, et al. Evaluating construct validity of the Asthma Impairment and Risk Questionnaire using a 3-month exacerbation recall. *Ann Allergy Asthma Immunol.* 2022;128(5):544-552.e3. 4. Beuther DA, Murphy KR, Zeiger RS, et al. The Asthma Impairment and Risk Questionnaire (AIRQ) control level predicts future risk of asthma exacerbations. *J Allergy Clin Immunol Pract.* 2022;10(12):3204-3212.e2. 5. Chipps B, Zeiger RS, Beuther DA, et al. The Asthma Impairment and Risk Questionnaire enhances the assessment of asthma control. *Ann Allergy Asthma Immunol.* 2023;S1081-1206(23)00308-3.