Table S1 Outcome comparisons for action points based on % predicted or personal

best PEF

Outcome	% Predicted PEF	No. of studies	Personal best PEF	No. of studies
Hospitalisations*	0.46 (0.26 to 0.81)[+]	4[18,23,24,27]	0.66 (0.48 to 0.91)[+]	5[8,9,15,19,2]1
ER visits*	0.87 (0.64 to 1.18)	5[18,22,23,24,27]	0.78 (0.64 to0.95)[+]	4[8,9,15,19]
Unscheduled Dr visits*	0.44 (0.17 to 1.14)	2[18,23]	0.69 (0.56 to 0.85)[+]	3[19,21,10-14]
Days off work*	0.90 (0.65 to 1.26)	3[18,24,27]	0.70 (0.53 to 0.92)[+]	2[19,21]
Nocturnal asthma*	0.65 (0.38 to 1.11)	2[18,24]	1.0 (0.92 to 1.08)	1[19]
FEV_1[#]	−0.02 (−0.55 to 0.50)	1[27]	0.40 (0.06 to 0.73)[+]	2[19,20]
PEF[#]	−0.01 (−0.31 to 0.29)	2[24,27]	0.56 (0.37 to 0.76)[+]	3[15,19,20]

*Relative risk (95% CI).
[#]Standardised mean difference (95% CI).
[+] $p<0.05$.