

# IS COPD TAKING MORE THAN YOUR BREATH AWAY?

## PATIENT SECTION

Fill in this form to help your doctor evaluate the impact of chronic obstructive pulmonary disease (COPD) on your daily activities.

Name:

Date:

## How is Your COPD?

For each item below, circle the number that best describes you currently and enter the score in the last column on the right. Be sure to select only one response for each question.<sup>1</sup>

**Based on the COPD Assessment Test** (Please rate each of the items below on a scale from 0 to 5)

Score

I never cough	0 1 2 3 4 5	I cough all the time	
I have no phlegm (mucus) in my chest at all	0 1 2 3 4 5	My chest is completely full of phlegm (mucus)	
My chest does not feel tight at all	0 1 2 3 4 5	My chest feels very tight	
When I walk up a hill or one flight of stairs I am not breathless	0 1 2 3 4 5	When I walk up a hill or one flight of stairs I am very breathless	
I am not limited doing any activities at home	0 1 2 3 4 5	I am very limited doing activities at home	
I am confident leaving my home despite my lung condition	0 1 2 3 4 5	I am not at all confident leaving my home because of my lung condition	
I sleep soundly	0 1 2 3 4 5	I don't sleep soundly because of my lung condition	
I have lots of energy	0 1 2 3 4 5	I have no energy at all	

**Total score** (add your score for each of the items above):

## You and Your COPD?

Please tell your doctor or other healthcare professional a bit more about you and your COPD by checking "yes" or "no" to the following questions:<sup>2,3</sup>

- Have you had any "flare ups" (i.e., exacerbations) over the last year? ☐ Yes ☐ No ☐ I don't know
- If yes, did you have to go to the hospital for any of these attacks? ☐ Yes ☐ No ☐ I don't know

## Which of the Following Best Describes Your Breathing?<sup>4</sup>

**Based on the modified MRC breathlessness scale** (Please select one of the categories below that best describes you)

Category	Description	My category
0	I only get breathless with strenuous exercise	<input type="radio"/>
1	I get short of breath when hurrying on level ground or walking up a slight hill	<input type="radio"/>
2	On level ground, I walk slower than people of the same age because of breathlessness, or I have to stop for breath when walking at my own pace on the level	<input type="radio"/>
3	I stop for breath after walking about 100 yards or after a few minutes on level ground	<input type="radio"/>
4	I am too breathless to leave the house or I am breathless when dressing	<input type="radio"/>



Complete this form to help your doctor determine the best course of action to manage your COPD.

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## HEALTHCARE PROFESSIONAL SECTION

### A Quick Guide to the CAT Score<sup>1</sup>

CAT score	Impact level	Broad clinical picture of the impact of COPD by CAT score
>30	Very high	Their condition stops them doing everything they want to do and they never have any good days. If they can manage to take a bath or shower, it takes them a long time. They cannot go out of the house for shopping or recreation, or do their housework. Often, they cannot go far from their bed or chair. They feel as if they have become an invalid.
>20	High	COPD stops them doing most things that they want to do. They are breathless walking around the home and when getting washed or dressed. They may be breathless when they talk. Their cough makes them tired and their chest symptoms disturb their sleep on most nights. They feel that exercise is not safe for them and everything they do seems too much effort. They are afraid and panic and do not feel in control of their chest problem.
10-20	Medium	COPD is one of the most important problems that they have. They have a few good days a week, but cough up sputum on most days and have one or two exacerbations a year. They are breathless on most days and usually wake up with chest tightness or wheeze. They get breathless on bending over and can only walk up a flight of stairs slowly. They either do their housework slowly or have to stop for rests.
<10	Low	Most days are good, but COPD causes a few problems and stops people doing one or two things that they would like to do. They usually cough several days a week and get breathless when playing sports and games and when carrying heavy loads. They have to slow down or stop when walking up hills or if they hurry when walking on level ground. They get exhausted easily.
5		Upper limit of normal in healthy non-smokers.



The CAT score can give you a broad clinical picture of the impact of COPD on your patient.

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**References:** 1. COPD Assessment Test. [www.catestonline.org](http://www.catestonline.org). 2. Global Initiative for Chronic Obstructive Lung Disease (GOLD). Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease (2018 Report). Global Initiative for Chronic Obstructive Lung Disease (GOLD); 2018. [www.goldcopd.org](http://www.goldcopd.org). Accessed May 2, 2018. 3. Bourbeau J, Bhutani M, Hernandez P *et al*. CTS position statement: Pharmacotherapy in patients with COPD- an update. *Can J Respir, Crit Care, Sleep Med* 2017;1(4):222-241. 4. Williams N. The MRC breathlessness scale. *Occupational Medicine* 2017;67(6):496-497.

