Appendix A: COPD Severity Assessment Scales

The following scales can be self-administered while the patient is waiting for their appointment and can be used indirectly to guide therapy.

Administration is recommended upon diagnosis to establish baseline, and following a serious exacerbation (i.e., one requiring oral antibiotics or hospitalization).

Table 1: mMRC Dyspnea Scale – *Adapted from the Primary Care Respiratory Society*[1]

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

Interpretation of mMRC:

mMRC ≥ 2 is used as a threshold to distinguish more symptomatic patients.
COPD patients with mMRC ≥ 2 had a higher risk of having a moderate or severe COPD exacerbation.

Table 2: The COPD Assessment Test (CAT) – *Adapted from GSK*[2]

Symptom	Score						Symptom
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.

Interpretation of CAT:

CAT ≥ 10 is used as a threshold to distinguish more symptomatic patients.

- < 10 = Low impact
- 10 – 20 = Medium
- 21 – 30 = High
- > 30 = Very high

References

1. Primary Care Respiratory Society. MRC Dysponea Scale [Internet]. [cited 2023 Mar 1]. Available from: https://www.pcrs-uk.org/mrc-dyspnoea-scale#:~:text=The%20 mMRC%20%28Modified%20Medical%20Research%20Council%29%20Dyspnoea%20Scale,in%20patients%20with%20respiratory%20disease%20such%20as%20COPD
2. COPD Assessment Test [Internet]. [cited 2023 Mar 1]. Available from: https://www.catestonline.org/
3. Punekar YS, Mullerova H, Small M, Holbrook T, Wood R, Naya I, et al. Prevalence and Burden of Dyspnoea Among Patients with Chronic Obstructive Pulmonary Disease in Five European Countries. Pulm Ther. 2016 Jun;2(1):59–72.