

Appendix 1

MODIFIED MRC DYSPNEA SCALE <sup>a</sup>		
PLEASE TICK IN THE BOX THAT APPLIES TO YOU   ONE BOX ONLY   Grades 0 - 4		
mMRC Grade 0.	I only get breathless with strenuous exercise.	<input type="checkbox"/>
mMRC Grade 1.	I get short of breath when hurrying on the level or walking up a slight hill.	<input type="checkbox"/>
mMRC Grade 2.	I walk slower than people of the same age on the level because of breathlessness, or I have to stop for breath when walking on my own pace on the level.	<input type="checkbox"/>
mMRC Grade 3.	I stop for breath after walking about 100 meters or after a few minutes on the level.	<input type="checkbox"/>
mMRC Grade 4.	I am too breathless to leave the house or I am breathless when dressing or undressing.	<input type="checkbox"/>

<sup>a</sup> Fletcher CM. BMJ 1960; 2: 1662.  
TABLE 2.5

CAT™ ASSESSMENT		
For each item below, place a mark (x) in the box that best describes you currently. Be sure to only select one response for each question.		
EXAMPLE: I am very happy	0 1 2 3 4 5	I am very sad
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
Reference: Jones et al. ERJ 2009; 34 (3); 648-54. FIGURE 2.3		TOTAL SCORE: <input type="text"/>

**Table 1. Modified 10-Point Borg Scale<sup>a</sup>**

Score	Severity
0	Nothing at all
0.5	Very, very slight, just noticeable
1	Very slight
2	Slight, light
3	Moderate
4	Somewhat severe
5	Severe
6	
7	Very severe
8	
9	
10	Very, very severe, maximal

<b>RPE 15 POINT SCALE</b> (RATE OF PERCEIVED EXERTION)	
6	NO EXERTION AT ALL
7	
7.5	EXTREMELY LIGHT (7.5)
8	
9	VERY LIGHT
10	
11	LIGHT
12	
13	SOMEWHAT HARD
14	
15	HARD (HEAVY)
16	
17	VERY HARD
18	
19	EXTREMELY HARD
20	MAXIMAL EXERTION