

Breathlessness, Cough and Sputum Scale

HOW MUCH DIFFICULTY DID YOU HAVE BREATHING TODAY?
0 = None – unaware of any difficulty 1 = Mild – noticeable during strenuous activity (e.g., running) 2 = Moderate – noticeable during light activity (e.g., bedmaking) 3 = Marked – noticeable when washing or dressing 4 = Severe – almost constant, present even when resting
HOW WAS YOUR COUGH TODAY?
0 = None – unaware of coughing 1 = Rare – cough now and then 2 = Occasional – less than hourly 3 = Frequent – one or more times an hour 4 = Almost constant – never free of cough or need to cough
HOW MUCH TROUBLE WAS YOUR SPUTUM TODAY?
0 = None – unaware of any difficulty 1 = Mild – rarely caused problem 2 = Moderate – noticeable as a problem 3 = Marked – caused a great deal of inconvenience 4 = Severe – an almost constant problem