

Breathlessness, Cough and Sputum Scale (BCSS)

HOW MUCH DIFFICULTY DID YOU HAVE BREATHING TODAY?
0 = None – unaware of any difficulty 1 = Mild – noticeable when performing strenuous activity (e.g. running) 2 = Moderate – noticeable even when performing light activity (e.g. bedmaking or carrying groceries) 3 = Marked – noticeable when washing or dressing 4 = Severe – almost constant, present even when resting
HOW WAS YOUR COUGH TODAY?
0 = No cough – 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 DID YOU HAVE DUE TO SPUTUM TODAY?
0 = None – unaware of any trouble 1 = Mild – rarely caused trouble 2 = Moderate – noticeable trouble 3 = Marked – caused a great deal of trouble 4 = Severe – almost constant trouble

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