mMRC Dyspnea Scale

Patient's name: _____ Date: _____ dd / mm / yyyy

Medical record no.: _____ Diagnosis: _____

Completed by: _____ Review date: _____ dd / mm / yyyy

HOW TO USE

The modified Medical Research Council dyspnea scale grades breathlessness by the activity that brings it on, from 0 to 4. It is a single question, answered by the patient, and is part of the GOLD assessment of chronic obstructive pulmonary disease.

Grade the activity, not the sensation

Ask which statement best describes the patient on a usual day. The grade reflects what the breathlessness stops them doing, not how severe it feels.

GRADES

Grade 0: I only get breathless with strenuous exercise

Grade 1: I get short of breath when hurrying on the level, or walking up a slight hill

Grade 2: On the level, 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

Grade 3: I stop for breath after walking about 100 yards, or after a few minutes on the level

Grade 4: I am too breathless to leave the house, or I am breathless when dressing or undressing

Grade recorded today

- ◯ 0
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4

TRACKING OVER TIME

Date: _____ dd / mm / yyyy Grade: _____

Exacerbations since last visit: _____ Treatment change: _____

Initials: _____

Where this fits in GOLD assessment

GOLD groups patients using symptom burden together with exacerbation history. An mMRC grade of 2 or more counts as a high symptom burden. Symptom score and exacerbation history are assessed together, not separately.

Pulmonary rehabilitation, inhaler review and action plan

Pulmonary rehabilitation, inhaler review and action plan

Sources: Fletcher CM. Standardised questionnaire on respiratory symptoms. BMJ. 1960;2:1665. · Mahler DA, Wells CK. Evaluation of clinical methods for rating dyspnea. Chest. 1988;93(3):580-586. · Global Initiative for Chronic Obstructive Lung Disease. GOLD report, current edition.