Harbourside & St Davids Medical Centre , COPD Patient Self Assessment Questionnaire

# Your name: Today’s date:

**How is your COPD? Take the COPD Assessment Test™ (CAT)**

This questionnaire will help you and your healthcare professional to measure the impact that COPD (Chronic Obstructive Pulmonary Disease) is having on your wellbeing and daily life. Your answers and test score can be used by you and your healthcare professional to help improve the management of your COPD and gain the greatest benefit from the treatment.

For each item below, place a mark (X) in the box that best describes your current situation. Please ensure that you only select one response for each question.

**Example:** I am very happy I am very sad

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 0 | 1  **X** | 2 | 3 | 4 | 5 |

**SCORE**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 |  |  |  |  |
| I never cough |  |  |  |  |  |  | I cough all the time |  | | |
| I have no phlegm (mucus) | 0 | 1 | 2 | 3 | 4 | 5 | My chest is full of phlegm |
| on my chest at all |  |  |  |  |  |  | (mucus) |
| My chest does not feel tight | 0 | 1 | 2 | 3 | 4 | 5 |  |
| at all |  |  |  |  |  |  | My chest feels very tight |
| When I walk up a hill or a | 0 | 1 | 2 | 3 | 4 | 5 | When I walk up a hill or a |
| flight of stairs I am not out of |  |  |  |  |  |  | flight of stairs I am |
| breath |  |  |  |  |  |  | completely out of breath |
| I am not limited to doing any | 0 | 1 | 2 | 3 | 4 | 5 | I am completely limited to |
| activities at home |  |  |  |  |  |  | doing all activities at home |
| I am confident leaving my | 0 | 1 | 2 | 3 | 4 | 5 | I am not confident leaving |
| home despite my lung |  |  |  |  |  |  | my home at all because of |
| condition |  |  |  |  |  |  | my lung condition |
|  | 0 | 1 | 2 | 3 | 4 | 5 | I do not sleep soundly |
| I sleep soundly |  |  |  |  |  |  | because of my lung condition |
|  | 0 | 1 | 2 | 3 | 4 | 5 |  |
| I have lots of energy |  |  |  |  |  |  | I have no energy at all |

# TOTAL SCORE

A COPD assessment test was developed by an interdisciplinary group of international COPD experts with support from GSK. GSK's activities in connection with the COPD assessment test are monitored by a supervisory council that includes external, independent experts, one of which is chair of the council.

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