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## **COPD Assessment Test (CAT)** **(to be completed if you have a history of COPD)**

			<b>SCORE</b>
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 extremely limited doing activities at home	
I am confident leaving my home despite my 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 do not sleep soundly because of my lung condition	
I have lots of energy	0 1 2 3 4 5	I have no energy at all	

**SCORE**

**TOTAL**

## **mMRC Breathlessness Scale**

Grade	Description on Breathlessness
0	I only get breathless with strenuous exercise
1	I get short of breath when hurrying on level ground or walking up a slight hill
2	On level ground, I walk slower than people of the same age because of breathlessness, or have to stop for breath when walking at my own pace
3	I stop for breath after walking about 100 yards or after a few minutes on level ground
4	I am too breathless to leave the house, or I am breathless when dressing