

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 you currently. Be sure to only select one response for each question.

Example:	I am very happy	0	1	2	3	4	5	I am very sad	SCORE
	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 very limited doing activities at home	
	I am confident leaving my home despite my lung 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 don't sleep soundly because of my lung condition	
	I have lots of energy	0	1	2	3	4	5	I have no energy at all	

The COPD Assessment Test was developed by a multi-disciplinary group of international experts in COPD supported by GSK. GSK activities with respect to the COPD Assessment Test are overseen by a governance board that includes independent external experts, one of whom chairs the board.

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**TOTAL  
SCORE**

CAT Score	Impact level	Broad clinical picture of the impact of COPD by CAT score	Possible management considerations
>30	Very high	Their condition stops them doing everything they want to do and they never have any good days. If they can manage to take a bath or shower, it takes them a long time. They cannot go out of the house for shopping or recreation, or do their housework. Often, they cannot go far from their bed or chair. They feel as if they have become an invalid.	Patient has significant room for improvement.  In addition to the guidance for patients with low and medium impact CAT scores consider: <ul style="list-style-type: none"> <li>• Referral to specialist care (if you are a primary care physician)</li> </ul>
>20	High	COPD stops them doing most things that they want to do. They are breathless walking around the home and when getting washed or dressed. They may be breathless when they talk. Their cough makes them tired and their chest symptoms disturb their sleep on most nights. They feel that exercise is not safe for them and everything they do seems too much effort. They are afraid and panic and do not feel in control of their chest problem.	Also consider: <ul style="list-style-type: none"> <li>• Additional pharmacological treatments</li> <li>• Referral for pulmonary rehabilitation</li> <li>• Ensuring best approaches to minimising and managing exacerbations</li> </ul>
10-20	Medium	COPD is one of the most important problems that they have. They have a few good days a week, but cough up sputum on most days and have one or two exacerbations a year. They are breathless on most days and usually wake up with chest tightness or wheeze. They get breathless on bending over and can only walk up a flight of stairs slowly. They either do their housework slowly or have to stop for rests.	Patient has room for improvement – optimise management.  In addition to the guidance provided for patients with low impact CAT scores consider: <ul style="list-style-type: none"> <li>• Reviewing maintenance therapy – is it optimal?</li> <li>• Referral for pulmonary rehabilitation</li> <li>• Ensuring best approaches to minimising and managing exacerbations</li> <li>• Reviewing aggravating factors – is the patient still smoking?</li> </ul>
<10	Low	Most days are good, but COPD causes a few problems and stops people doing one or two things that they would like to do. They usually cough several days a week and get breathless when playing sports and games and when carrying heavy loads. They have to slow down or stop when walking up hills or if they hurry when walking on level ground. They get exhausted easily.	<ul style="list-style-type: none"> <li>• Smoking cessation</li> <li>• Annual influenza vaccination</li> <li>• Reduce exposure to exacerbation risk factors</li> <li>• Therapy as warranted by further clinical assessment</li> </ul>
5		Upper limit of normal in healthy non-smokers.	