





MODULE 8
ADVANCE PLANNING AND SELF-MANAGEMENT

Shortness of Breath Scale

mMRC - modified Medical Research Council Dyspnea Scale

Grade 0	Short of breath only with strenuous exercise	
Grade 1	Short of breath when hurrying or walking up a slight hill	
Grade 2	Walk slower than people of the same age because of shortness of breath or have to stop for breath when walking at own pace	
Grade 3	Stop for breath after walking 100 meters or after a few minutes	
Grade 4	Too short of breath to leave house or breathless when dressing	