

**INTRODUCTION
SELF-ASSESSMENT**

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

