

Self-Assessment: Modified MRC 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

