N A T I O NA L G UI D A N C E F OR D O C T OR S A S S ES S I NG W O R K E R S EX P OS ED T O R ES P I R A B L E C YR S T A L L I N E S I L I CA D US T

Modified MRC dyspnoea scale

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

Source: Doherty, Belfer (85)

Note: This is the modified MRC scale that uses the same descriptors as the original MRC scale in which the descriptors are numbered 1-5. The modified MRC scale (0-4) is used for calculation of BODE index.

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