

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”
Grade	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”
	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.