

# COPD Assessment Test

*How is your COPD?*

*Take the COPD Assessment Test™ (CAT)*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

For each item below, please input your score that best describes you currently.

Be sure to only select one response for each question.

I never cough

0 1 2 3 4 5  
☐ ☐ ☐ ☐ ☐ ☐

I cough all the time

I have no phlegm  
(mucus) in my chest at all

0 1 2 3 4 5  
☐ ☐ ☐ ☐ ☐ ☐

My chest is completely  
full of phlegm (mucus)

My chest does not feel  
tight at all

0 1 2 3 4 5  
☐ ☐ ☐ ☐ ☐ ☐

My chest feels very tight

When I walk up a hill  
or one flight of stairs I am  
not breathless

0 1 2 3 4 5  
☐ ☐ ☐ ☐ ☐ ☐

When I walk up a hill  
or one flight of stairs I am  
very breathless

I am not limited doing  
any activities at home

0 1 2 3 4 5  
☐ ☐ ☐ ☐ ☐ ☐

I am very limited doing  
activities at home

I am confident  
leaving my home despite  
my lung condition

0 1 2 3 4 5  
☐ ☐ ☐ ☐ ☐ ☐

I am not at all confident  
leaving my home because  
of my lung condition

I sleep soundly

0 1 2 3 4 5  
☐ ☐ ☐ ☐ ☐ ☐

I don't sleep soundly because  
of my lung condition

I have lots of energy

0 1 2 3 4 5  
☐ ☐ ☐ ☐ ☐ ☐

I have no energy at all

**Total score:** \_\_\_\_\_

The COPD Assessment Test was developed by a multi-disciplinary group of international experts in COPD supported by GSK. GSK activities with respect to the COPD Assessment Test are overseen by a Governance Board that includes independent external experts, one of whom chairs the Board.

**For each scenario, the CAT Development Steering Group proposed some potential management considerations.**

<b>CAT Score</b>	<b>Impact level</b>	<b>Broad clinical picture of the impact of COPD by CAT score</b>	<b>Possible management considerations</b>
<b>&gt;30</b>	<b>Very high</b>	Their condition stops them doing everything they want to do, and they never have any good days. If they can manage to take a bath or shower, it takes them a long time. They cannot go out of the house for shopping or recreation or do their housework. Often, they cannot go far from their bed or chair. They feel as if they have become an invalid.	<p>Patient has significant room for improvement.</p> <p>In addition to the guidance for patients with low and medium impact CAT scores, consider:</p> <ul style="list-style-type: none"> <li>• Referral to specialist care (if you are a primary care physician)</li> </ul> <p>Also consider:</p> <ul style="list-style-type: none"> <li>• Additional pharmacological treatments</li> <li>• Referral for pulmonary rehabilitation</li> <li>• Ensuring best approaches to minimizing and managing exacerbations</li> </ul>
<b>&gt;20</b>	<b>High</b>	COPD stops them doing most things that they want to do. They are breathless walking around the home and when getting washed or dressed. They may be breathless when they talk. Their cough makes them tired and their chest symptoms disturb their sleep on most nights. They feel that exercise is not safe for them and everything they do seems too much effort. They are afraid and panic and do not feel in control of their chest problem.	<p>Patient has room for improvement – optimize management.</p> <p>In addition to the guidance provided for patients with low impact CAT scores, consider:</p> <ul style="list-style-type: none"> <li>• Reviewing maintenance therapy – is it optimal?</li> <li>• Referral for pulmonary rehabilitation</li> <li>• Ensuring best approaches to minimizing and managing exacerbations</li> <li>• Reviewing aggravating factors – is the patient still smoking?</li> </ul>
<b>10-20</b>	<b>Medium</b>	COPD is one of the most important problems that they have. They have a few good days a week but cough up sputum on most days and have one or two exacerbations a year. They are breathless on most days and usually wake up with chest tightness or wheeze. They get breathless on bending over and can only walk up a flight of stairs slowly. They either do their housework slowly or have to stop for rests.	<p>Patient has room for improvement – optimize management.</p> <p>In addition to the guidance provided for patients with low impact CAT scores, consider:</p> <ul style="list-style-type: none"> <li>• Reviewing maintenance therapy – is it optimal?</li> <li>• Referral for pulmonary rehabilitation</li> <li>• Ensuring best approaches to minimizing and managing exacerbations</li> <li>• Reviewing aggravating factors – is the patient still smoking?</li> </ul>
<b>&lt;10</b>	<b>Low</b>	Most days are good, but COPD causes a few problems and stops people doing one or two things that they would like to do. They usually cough several days a week and get breathless when playing sports and games and when carrying heavy loads. They have to slow down or stop when walking up hills or if they hurry when walking on level ground. They get exhausted easily.	<ul style="list-style-type: none"> <li>• Smoking cessation</li> <li>• Annual influenza vaccination</li> <li>• Reduce exposure to exacerbation risk factors</li> <li>• Therapy as warranted by further clinical assessment</li> </ul>
<b>5</b>		Upper limit of normal in healthy non-smokers.	

