



Dyspnea, the hallmark symptom of COPD, is the reason most patients seek medical attention and is a major cause of disability and anxiety associated with the disease. Typical COPD patients describe their dyspnea as a sense of increased effort to breathe, heaviness, air hunger, or gasping. A simple way to quantify the impact of breathlessness on a patient's health status is to use the following questionnaire:

WHEEZING

Does your chest ever sound wheezing or whistling? YES NO

IF YOU ANSWERED YES TO THE ABOVE QUESTION:

Do you get this on most days or nights? YES NO

Have you ever had attacks of shortness of breath with wheezing? YES NO

IF YOU ANSWERED YES TO THE ABOVE QUESTION:

Is/was your breathing absolutely normal between attacks? YES NO

CHEST ILLNESSES

During the last three years have you had any chest illnesses which have kept you from your usual activities for as much as a week? YES NO

IF YOU ANSWERED YES TO THE ABOVE QUESTION:

Did you bring up phlegm more than usual during these illnesses? YES NO

IF YOU ANSWERED YES TO THE ABOVE QUESTION:

Have you had more than one illness like this in the past three years? YES NO

BREATHLESSNESS

PLEASE CHECK THE BOX THAT APPLIES TO YOU
(ONE BOX ONLY)

I only get breathless with strenuous exercise. YES NO

I get short of breath when hurrying on the level or walking up a slight hill. YES NO

I walk slower than people of the same age on the level because of breathlessness, or I have to stop for breath when walking on my own pace on the level. YES NO

I stop for breath after walking about 100 yards or after a few minutes on the level. YES NO

I am too breathless to leave the house or I am breathless when dressing or undressing. YES NO

Answering yes to some or most of the above questions could indicate presence of COPD.

Nocturnal Oxymetry

Nebulizer Compressor (SVN)

Patient Name _____ Phone _____

Fax Order To: 623-266-7254 along with signed doctor's prescription.