

Your name: \_\_\_\_\_

Today's date: \_\_\_\_\_



## How is your COPD? Take the COPD Assessment Test™ (CAT)

This questionnaire will help you and your healthcare professional measure the impact COPD (Chronic Obstructive Pulmonary Disease) is having on your wellbeing and daily life. Your answers, and test score, can be used by you and your healthcare professional to help improve the management of your COPD and get the greatest benefit from treatment.

For each item below, place a mark (X) in the box that best describes you currently. Be sure to only select one response for each question.

Example: I am very happy 0  1  2  3  4  5 I am very sad

	SCORE
I never cough 0 1 2 3 4 5 I cough all the time	<input type="text"/>
I have no phlegm (mucus) in my chest at all 0 1 2 3 4 5 My chest is completely full of phlegm (mucus)	<input type="text"/>
My chest does not feel tight at all 0 1 2 3 4 5 My chest feels very tight	<input type="text"/>
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	<input type="text"/>
I am not limited doing any activities at home 0 1 2 3 4 5 I am very limited doing activities at home	<input type="text"/>
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	<input type="text"/>
I sleep soundly 0 1 2 3 4 5 I don't sleep soundly because of my lung condition	<input type="text"/>
I have lots of energy 0 1 2 3 4 5 I have no energy at all	<input type="text"/>

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CO9/132 Date of Preparation: September 2009

TOTAL  
SCORE

# A new approach to COPD communication

The CAT is a simple eight item questionnaire for all patients diagnosed with COPD to complete regularly. It is designed to form a foundation of understanding between yourself and your patients regarding their health status. The COPD Assessment Test can help you achieve your aims in improving and maintaining your patients' quality of life.

- CAT can be used in all patients diagnosed with COPD and should be filled in regularly
- CAT is a short, simple and validated measure of the overall disease impact
- CAT has been developed with patient input to help healthcare professionals improve their patients' quality of life

## CAT - Small Group Discussion

**Date:** 28 March 2010, Sunday

**Time:** 4pm - 6pm

**Venue:** Park Hotel @ Clarke Quay, Van Kleef, Level 2  
1 Unity Street, Singapore 237983



Improving COPD communication, improving care



## Professor Paul Jones, UK

Paul Jones, PhD FRCP, is Professor of Respiratory Medicine and Head of the Division of Clinical Science at St George's, University of London.

He has worked in the field of health status measurement for over 20 years and the St George's Respiratory Questionnaire. More recently he led the development and validation of the CAT. His research into health status assessment continues with studies of the effect of COPD on cognitive function and fatigue.

He has extensive experience in the design and execution of trials in asthma and COPD. He has worked in guideline development in asthma and COPD and is a member of the GOLD Science Committee. He established the Cochrane Airways Group and was its first Coordinating Editor. Professor Jones has published widely in peer-reviewed papers, review articles and book chapters.