

The Modified Medical Research Council (MMRC) Dyspnoea Scale

Grade	Degree of breathlessness related to activity
0	Not troubled by breathlessness, except on strenuous exercise
1	Short of breath when hurrying on a level or when walking up a slight hill
2	Walks slower than most people on the level, stops after a mile or so, or stops after 15 minutes walking at own pace
3	Stops for breath after walking 100 yards, or after a few minutes on level ground
4	Too breathless to leave the house, or breathless when dressing/undressing