IN A NUTSHELL

The knowledge platform for general practitioners

COPD Assessment Test™

The «COPD Assessment Test™» (CAT) quantifies the health impact of chronic obstructive pulmonary disease (COPD) and complements measurements such as one-second capacity (FEV1). CAT cannot be used to diagnose COPD. The questionnaire can be printed in english, german or french (via catestonline.org). «COPD Assessment Test™» is a trademark of the GlaxoSmithKline group of companies.

Cough
I never cough.
○ 0 ○ 1 ○ 2 ○ 3 ○ 4 ○ 5
I cough all the time.
Phlegm
I have no phlegm (mucus) in my chest at all.
○ 0 ○ 1 ○ 2 ○ 3 ○ 4 ○ 5
My chest is completely full of phlegm (mucus).
Tight feeling
My chest does not feel tight at all.
○ 0 ○ 1 ○ 2 ○ 3 ○ 4 ○ 5
My chest feels very tight.
Breathlessness
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.
Activities
I am not limited doing any activities at home.
○ 0 ○ 1 ○ 2 ○ 3 ○ 4 ○ 5
I am very limited doing activities at home.
Confidence
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.
Sleep
I sleep soundly.
○ 0 ○ 1 ○ 2 ○ 3 ○ 4 ○ 5
I don’t sleep soundly because of my lung condition.
Energy
I have lots of energy.

○ 0 ○ 1 ○ 2 ○ 3 ○ 4 ○ 5
I have no energy at all.

CAT Score:

Recommendation:

Interpretation

Points	Health impact	Recommendation
5		Upper limit of normal in healthy non- smokers.
< 10	Low	- Smoking cessation - Annual influenza vaccination - Reduce exposure to exacerbation risk factors - Therapy as warranted by further clinical assessment
10-20	Moderate	Room for improvement: - Reviewing maintenance therapy - Referral for pulmonary rehabilitation - Minimize exacerbations - Smoking cessation
20-30	High	Significant room for improvement: - Referral to specialist care - Additional pharmacological treatments - Referral for pulmonary rehabilitation
> 30	Very high	- Minimize exacerbations - Smoking cessation

References

1. Jones PW, Harding G, Berry P et al. Development and first validation of the COPD Assessment Test. Eur Respir J 2009; 34: 648-654
2. CAT Governance Board 2018. COPD Assessment Test: Healthcare Professional User Guide, <https://www.catestonline.org>