

# 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](http://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**

<b>Points</b>	<b>Health impact</b>	<b>Recommendation</b>
5		Upper limit of normal in healthy non- smokers.
< 10	Low	<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>
10-20	Moderate	Room for improvement: <ul style="list-style-type: none"> <li>- Reviewing maintenance therapy</li> <li>- Referral for pulmonary rehabilitation</li> <li>- Minimize exacerbations</li> <li>- Smoking cessation</li> </ul>
20-30	High	Significant room for improvement: <ul style="list-style-type: none"> <li>- Referral to specialist care</li> <li>- Additional pharmacological treatments</li> <li>- Referral for pulmonary rehabilitation</li> </ul>
> 30	Very high	<ul style="list-style-type: none"> <li>- Minimize exacerbations</li> <li>- Smoking cessation</li> </ul>

**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>>