

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 | <ul style="list-style-type: none"> - Smoking cessation - Annual influenza vaccination - Reduce exposure to exacerbation risk factors - Therapy as warranted by further clinical assessment |
| 10-20 | Moderate | Room for improvement: <ul style="list-style-type: none"> - Reviewing maintenance therapy - Referral for pulmonary rehabilitation - Minimize exacerbations - Smoking cessation |
| 20-30 | High | Significant room for improvement: <ul style="list-style-type: none"> - Referral to specialist care - Additional pharmacological treatments - Referral for pulmonary rehabilitation |
| > 30 | Very high | <ul style="list-style-type: none"> - 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>>