IN A NUTSHELL

The knowledge platform for general practitioners

mMRC Dyspnea Scale

The mMRC (modified Medical Research Council) dyspnea scale subjectively classifies the severity of dyspnea in patients with chronic obstructive pulmonary disease (COPD). The higher the degree, the more severe the shortness of breath. This can be used to estimate the risk of a COPD exacerbation. Alternatively, the «COPD Assessment Test™» (CAT) provides a more detailed classification.

Symptoms

○ Dyspnea only with strenuous exercise ○ Dyspnea when hurrying or walking up a slight hill ○ Walks slower than people of the same age because of dyspnea or has to stop for breath when walking at own pace ○ Stops for breath after walking just under 100 m (100 yards) or after a few minutes ○ Too dyspneic to leave house or breathless when dressing

mMRC: Grade

Interpretation

Grade	Symptoms	Description
0	Little	Dyspnea only with strenuous exercise
1	Mild	Dyspnea when hurrying or walking up a slight hill
2	Moderate	Walks slower than people of the same age because of dyspnea or has to stop for breath when walking at own pace
3	Many	Stops for breath after walking just under 100 m (100 yards) or after a few minutes
4	Very much	Too dyspneic to leave house or breathless when dressing

References

1. Mahler DA, Wells CK. Evaluation of clinical methods for rating dyspnea. Chest 1988; 93: 580-586