

Risk-identification questionnaire for COPD: 8-item questionnaire

Do you have coughing attacks more than three months out of the year?

no (0) yes (14)

Do you cough up sputum (phlegm) on most days for more than three months out of the year?

no (0) yes (15)

Do you avoid physical activity because it causes difficulty breathing?

no (0) yes (11)

Do you also suffer from shortness of breath while at rest?

no (0) yes (14)

Do you suffer from long-lasting bronchial problems after each infection?

no (0) yes (11)

Do you suffer from a respiratory allergy (asthma, hay fever, dust mite allergy, etc?)

no (0) yes (7)

Have you used a spray to treat breathing difficulties in the last year?

no (0) yes (14)

Are you over 55 years old?

no (0) yes (2)

Sum

Add

79

Result:

Assessment:

Up to 100: You probably do not have COPD

101 – 120: The next time you visit the doctor, speak with him or her about the possibility that you suffer from COPD.

121 – 130: The next time you visit the doctor, ask him or her to test you for COPD.

Over 130: You should definitely visit your doctor.

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