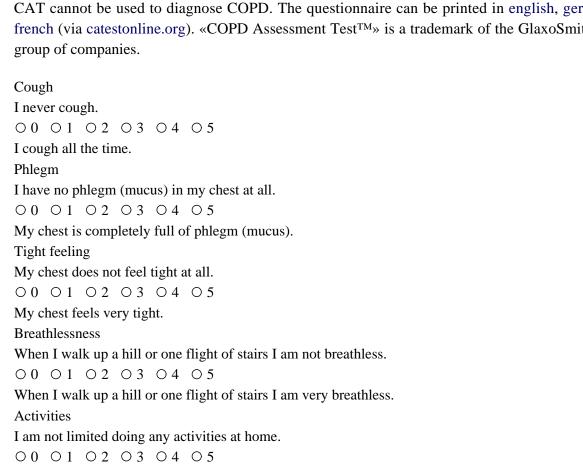
IN A NUTSHELL

The knowledge platform for general practitioners

COPD Assessment Test™

The «COPD Assessment TestTM» (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 TestTM» is a trademark of the GlaxoSmithKline



I am very limited doing activities at home.

Confidence

I am confident leaving my home despite my lung condition.

 $\bigcirc 0 \bigcirc 1 \bigcirc 2 \bigcirc 3 \bigcirc 4 \bigcirc 5$

I am not at all confident leaving my home because of my lung condition.

Sleep

I sleep soundly.

 $\bigcirc 0 \bigcirc 1 \bigcirc 2 \bigcirc 3 \bigcirc 4 \bigcirc 5$

I don't sleep soundly because of my lung condition.

Energy

I have lots of energy.

00 01 02 03 04 05

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
> 30	Very high	Referral for pulmonary rehabilitationMinimize exacerbationsSmoking 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