

COPD MIC

Total Core Items		214
Disease Specific for COPD		
SGRQ-C		14
Plus core Overall Total = 228		

ST. GEORGE'S RESPIRATORY QUESTIONNAIRE FOR COPD PATIENTS (SGRQ-C)

Before completing the rest of the questionnaire:

Please tick in one box to show how you describe your current health:

Very good	Good	Fair	Poor	Very poor
<input type="checkbox"/>				

Questions about how much chest trouble you have

I cough

- c most days a week
- c several days a week
- c only with chest infections
- c not at all

I bring up phlegm (sputum)

- c most days a week
- c several days a week
- c only with chest infections
- c not at all

I have shortness of breath

- c most days a week
- c several days a week
- c not at all

I have attacks of wheezing

- c most days a week
- c several days a week
- c a few days a month
- c only with chest infections
- c not at all

How many attacks of chest trouble did you have during the last year?

- c 3 or more attacks
- c 1 or 2 attacks
- c none

How often do you have good days (with Little chest trouble)?

- c no good days
- c a few good days
- c most days are good
- c every day is good

If you have a wheeze, is it worse in the morning?

No	Yes
<input type="checkbox"/>	<input type="checkbox"/>

How would you describe your chest condition? *Please tick one box*

- c Causes me a lot of problems or is the most important problem I have
- c Causes me a few problems
- c Causes no problem

Questions about what activities usually make you feel breathless

For each statement please tick in the box that applies to you these days:

	TRUE	FALSE
Getting washed or dressed	<input type="checkbox"/>	<input type="checkbox"/>
Walking around the home	<input type="checkbox"/>	<input type="checkbox"/>
Walking outside on the level	<input type="checkbox"/>	<input type="checkbox"/>
Walking up a flight of stairs	<input type="checkbox"/>	<input type="checkbox"/>
Walking up hills	<input type="checkbox"/>	<input type="checkbox"/>

Some more questions about your cough and breathlessness

TRUE

FALSE

My cough hurts

My cough makes me tired

I am breathless when I talk

I am breathless when I bend over

My cough or breathing disturbs my sleep

I get exhausted easily

Questions about other effects that your chest trouble may have on you

TRUE

FALSE

My cough or breathing is embarrassing in public

My chest trouble is a nuisance to my family, friends or neighbours

I get afraid of panic when I cannot get my breath

I feel that I am not in control of my chest problem

I have become frail or an invalid because of my chest

Exercise is not safe for me

Everything seems too much of an effort

These are questions about how your activities might be affected by your breathing

TRUE

FALSE

I take a long time to get washed or dressed

I cannot take a bath or shower, or I take a long time

I walk slower than other people, or I stop for rests

Jobs such as housework take a long time, or I have to stop for rests

If I walk up one flight of stairs, I have to go slowly or stop

If I hurry or walk fast, I have to stop or slow down

My breathing makes it difficult to do things such as walk up hills, carrying things up stairs, light gardening such as weeding, dance, play bowls or play golf

My breathing makes it difficult to do things such as carry heavy loads, dig the garden or shovel snow, jog or walk at 5 miles per hour, play tennis or swim

We would like to know how your chest trouble usually affects your life.

TRUE

FALSE

I cannot play sports or games

I cannot go out for entertainment or recreation

I cannot go out of the house to do the shopping

I cannot do housework

I cannot move far from my bed or chair

How does your chest trouble affect you?

TRUE

FALSE

It does not stop me doing anything I would like to do

It does stop me doing one or two things I would like to do

It not stop me doing most of the things I would like to do

It not stop me doing everything I would like to do