

Open up to better manage your COPD



Are you worried about your loved one's breathing?

Do you think your loved one's breathing is getting worse and they are participating less often in activities they enjoy? They could benefit from medical support. This guidance can help you and your loved one identify key points to talk to their doctor about and inform them about what is happening.

Talk about your loved one: How has their life been over the past few months? Their daily activity? Their diet?

Talk about their symptoms and how they are affecting everyday life: Explain their breathing problems, is it getting worse? When and how? Does it have any impact on their daily activities? Have they had any recent aggravations of their lung condition such as a flare up, bronchitis, or pneumonia? Have they taken oral steroids or antibiotics due to chest illness?

Talk about their treatment: Do they use their inhalers(s) regularly? Can they show the doctor how they use it? Are they following any suggested breathing exercises?

Ask your loved one to complete this questionnaire* and take it with them to their doctor appointment to help start the conversation

Fill in the boxes on the right with your response (0–5) to each symptom statement. There are no right or wrong answers, pick the response that is right for you.

							Score
I never cough	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>	I cough all the time <input type="text"/>
I have no phlegm (mucus) in my chest at all	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>	My chest is completely full of phlegm (mucus) <input type="text"/>
My chest does not feel tight at all	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>	My chest feels very tight <input type="text"/>
When I walk up a hill or one flight of stairs I am not breathless	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>	When they walk up a hill or one flight of stairs I am very breathless <input type="text"/>
I am not limited doing any activities at home	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>	I am very limited doing activities at home <input type="text"/>
I am confident leaving my home despite my lung condition	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>	I am not at all confident leaving my home because of my lung condition <input type="text"/>
I sleep soundly	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>	I do not sleep soundly because of my lung condition <input type="text"/>
I have lots of energy	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>	I have no energy at all <input type="text"/>
COPD Assessment Test and CAT logo is a trademark of the GlaxoSmithKline group of companies. © GlaxoSmithKline. All rights reserved.							Total <input type="text"/>

Your score should only be interpreted and used in conjunction with a healthcare professional. Speak to your doctor to find out what this score means in your individual case.

*CAT questionnaire, (COPD Assessment Test)

This guidance has been developed by GSK as an educational resource for carers. This information is not intended to replace professional medical advice. Please consult your registered medical practitioner on any question or concern you may have regarding your and your loved ones' condition. Report a possible side effect by visiting [gsk.com](https://www.gsk.com) > Contact Us > Report a possible side effect.

This education initiative is funded and developed by GSK. ©2023 GSK group of companies. All rights reserved. GlaxoSmithKline plc. Registered in England and Wales No. 3888792. Registered office: 980 Great West Road, Brentford, Middlesex, TW8 9GS, United Kingdom.



For more information and resources on caring for someone with COPD, visit the Carerhood website.



NP-GBL-CPU-PINF-230001 September 2023



Carerhood
For carers. By carers.