

## How is your COPD? Take the COPD Assessment Test (CAT)

This questionnaire will help you and your healthcare professional measure the impact COPD (Chronic Obstructive Pulmonary Disease) is having on your wellbeing and daily life. Your answers and test score, can be used by you and your healthcare professional to help improve the management of your COPD and get the greatest benefit from treatment.

For each item below, place a mark (X) in the box that best describes you currently. Be sure to only select one response for each question.



Example: I am very happy

0  1 2 3 4 5 I am sad

I never cough	0 1 2 3 4 5	I cough all the time	<input type="checkbox"/>
I have no phlegm (mucus) in my chest at all	0 1 2 3 4 5	My chest is completely full of phlegm (mucus)	<input type="checkbox"/>
My chest does not feel tight at all	0 1 2 3 4 5	My chest feels very tight	<input type="checkbox"/>
When I walk up a hill or one flight of stairs I am not breathless	0 1 2 3 4 5	When I walk up a hill or one flight of stairs I am very breathless	<input type="checkbox"/>
I am not limited doing any activities at home	0 1 2 3 4 5	I am very limited doing activities at home	<input type="checkbox"/>
I am confident leaving my home despite my lung condition	0 1 2 3 4 5	I am confident leaving my home despite my lung condition	<input type="checkbox"/>
I sleep soundly	0 1 2 3 4 5	I sleep soundly	<input type="checkbox"/>
I have lots of energy	0 1 2 3 4 5	I have lots of energy	<input type="checkbox"/>
			<b>TOTAL SCORE</b>

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Winning the  
**FIGHT**



**FOR  
BREATH  
with COPD**

## Understanding COPD

COPD stands for Chronic Obstructive Pulmonary Disease and is also known as emphysema or chronic bronchitis. It is caused by damage to the lungs – usually as a result of smoking or industrial pollution. In Sheffield, it is estimated that one in every 45 people may have COPD.<sup>2</sup>

As well as shortness of breath, people with COPD often cough, wheeze and have winter bronchitis.<sup>3</sup> This can make it hard for them to do some of the things they may have taken for granted, like walking up stairs or completing everyday tasks.<sup>1</sup>

If you have breathing problems but have not been told about COPD, ask your GP for some information. They can check if you have COPD with a simple breathing test (spirometry).

The campaign, Winning the Fight for Breath with COPD, has been shaped by respiratory and public health specialists, and is being delivered in the Sheffield area as a partnership between NHS Sheffield, the British Lung Foundation and GlaxoSmithKline (GSK). GSK has funded the development of this campaign.

## More Information

<sup>1</sup> British Lung Foundation. Invisible Lives. Chronic Obstructive Pulmonary Disease (COPD) – finding the missing millions. 2007

<sup>2</sup> COPD Prevalence (all ages). Practice & Consortium Configuration as at 1st July 2011, Produced by NHS Sheffield, Public Health Analysis Team, QOF Prevalence & Indicator Practice Trend Tool, Version: 4, 1st November 2011, from QMAS Database 2010/11 as at 2nd April 2011.

<sup>3</sup> National Clinical Guideline Centre. Chronic Obstructive Pulmonary Disease (Update) Management of chronic obstructive pulmonary disease in adults in primary and secondary care, 2010

<sup>4</sup> Department of Health (2011). An Outcomes Strategy for Chronic Obstructive Pulmonary Disease (COPD) in England, 2011

<sup>5</sup> Patient UK. Chronic Obstructive Pulmonary Disease. <http://www.patient.co.uk/health/Chronic-Obstructive-Pulmonary-Disease.htm>. Last accessed October 2011

Winning the  
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## I have COPD, will it get better?

COPD is a progressive disease, which means the damage to the lungs gets worse over time.<sup>3</sup> The good news is that there are treatments available and things you can do to help you breathe more easily, feel better, stay active<sup>4</sup> and have fewer flare-ups.<sup>3</sup>

## What are COPD flare-ups?

COPD flare-ups, or exacerbations, occur when symptoms get worse suddenly. They can be set off by an infection, like flu or pneumonia, or pollution.<sup>3</sup> Sometimes flare-ups can be severe, so you should always seek medical help if you think you are having one. Taking regular treatment and keeping yourself well can mean fewer and milder flare-ups.<sup>3</sup>

## What you can do to feel better and more active

There is a lot you can do and the sooner you take steps to control your COPD, the better.

- If you are a smoker, it is never too late to stop smoking<sup>3</sup> as this may help slow down the lung damage.<sup>3</sup> Ask your GP, practice nurse or pharmacist for advice
- Exercise (pulmonary rehabilitation) can give you a boost and make you feel better, even if you have very bad COPD. Ask your doctor or nurse for advice
- Have a flu vaccine every year, and make sure you have received a pneumococcal vaccine<sup>3</sup> (you only need this once)
- Your doctor will have given you a treatment to take, to help your COPD (usually an inhaler). This will help to make you feel less breathless and prevent as many flare-ups. Make sure you know how to use your inhaler properly and use it regularly. If you are not sure, ask your doctor, nurse or pharmacist
- Look after your weight and eat a healthy, balanced diet<sup>5</sup>
- If the way COPD affects you changes, speak to your doctor or nurse as a change to your COPD care may be needed. Ask them about a plan for what to do if you get a flare-up. You should also see them at least once or twice a year for a check up.<sup>3</sup>

## Talking to your GP or nurse

Always ask your doctor or nurse if you are worried, and never be afraid to ask questions, especially if you feel your symptoms are getting worse or making your life more difficult.

People don't always find it easy to explain how their COPD is affecting them. Completing the simple questionnaire overleaf ([www.catestonline.co.uk](http://www.catestonline.co.uk)) will help you do this and sharing your answers with your GP or nurse will help them to make decisions about treatment in the most appropriate way.

If you would like more information on COPD, please contact your local Breathe Easy group or the British Lung Foundation on 08458 50 20 20  
Alternatively please visit [www.lunguk.org](http://www.lunguk.org)