

**Modified Medical Research Council  
(mMRC)**

**Dyspnoea Scale**

**Grade 0:**

*"I only get breathless with strenuous exercise"*

**Grade 1:**

*"I get short of breath when hurrying on the level or walking up a slight hill"*

**Grade 2:**

*"I walk slower than people of the same age on the level because of breathlessness or have to stop for breath when walking at my own pace on the level"*

**Grade 3:**

*"I stop for breath after walking about 100 yards or after a few minutes on the level"*

**Grade 4:**

*"I am too breathless to leave the house"  
or "I am breathless when dressing"*

**For further information on  
Pulmonary Rehabilitation  
scan the QR code**



# PULMONARY REHABILITATION

## G.P. Information Leaflet





## What is Pulmonary Rehabilitation?

- 6-8 week supervised exercise-based programme and self-management education for patients with COPD and Asthma
- Exercise is prescribed and tailored to the patient based on a comprehensive assessment.

## What are the benefits for my patients with COPD & Asthma?

- Improved exercise capacity
- Reduced breathlessness
- Improved quality of life

## How can GPs refer?

Use the E-referral for your local Chronic Disease Hub.

## Who is Pulmonary Rehabilitation suitable for?

- Patients with a confirmed diagnosis of COPD (via spirometry) or Asthma.
- Patients with breathlessness of mMRC level  $\geq 2$  despite optimal medical management (as in the CDM programme).
- Patients can be referred at any time following their diagnosis once they are established on their inhalers.
- Referral is also encouraged following a hospital admission with an exacerbation of COPD.

