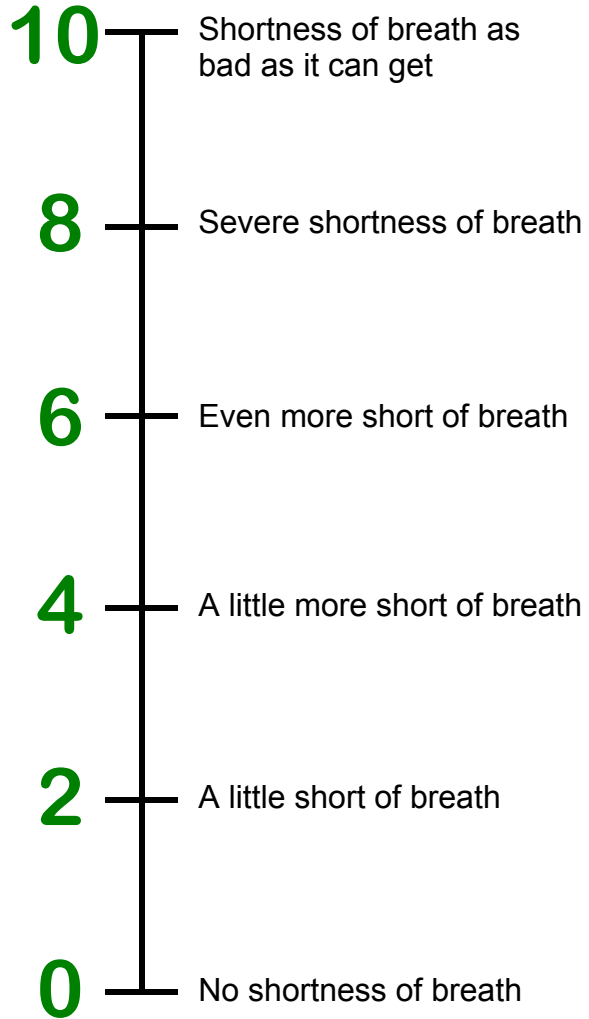
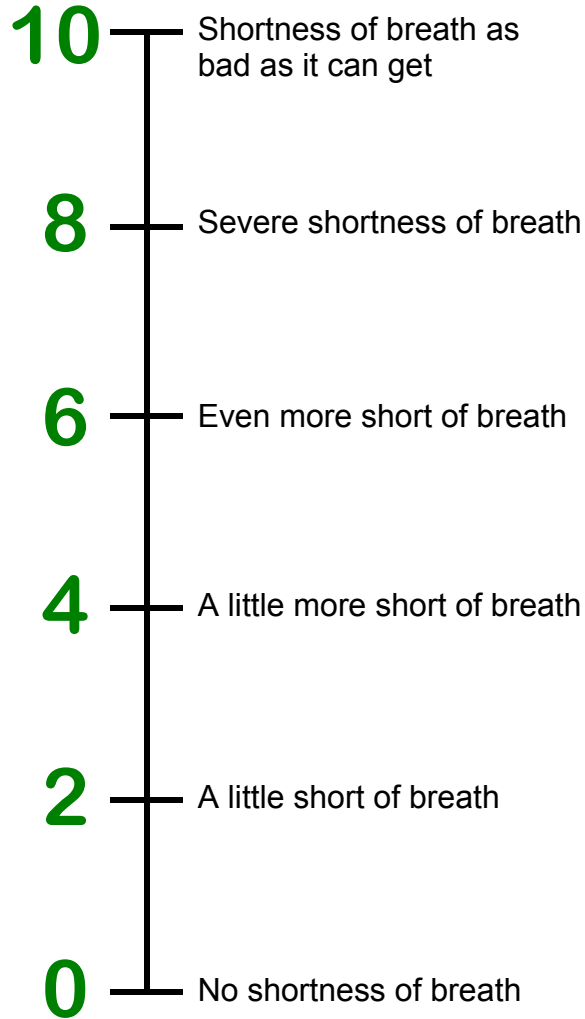


## DYSPNEA ASSESSMENT GUIDE



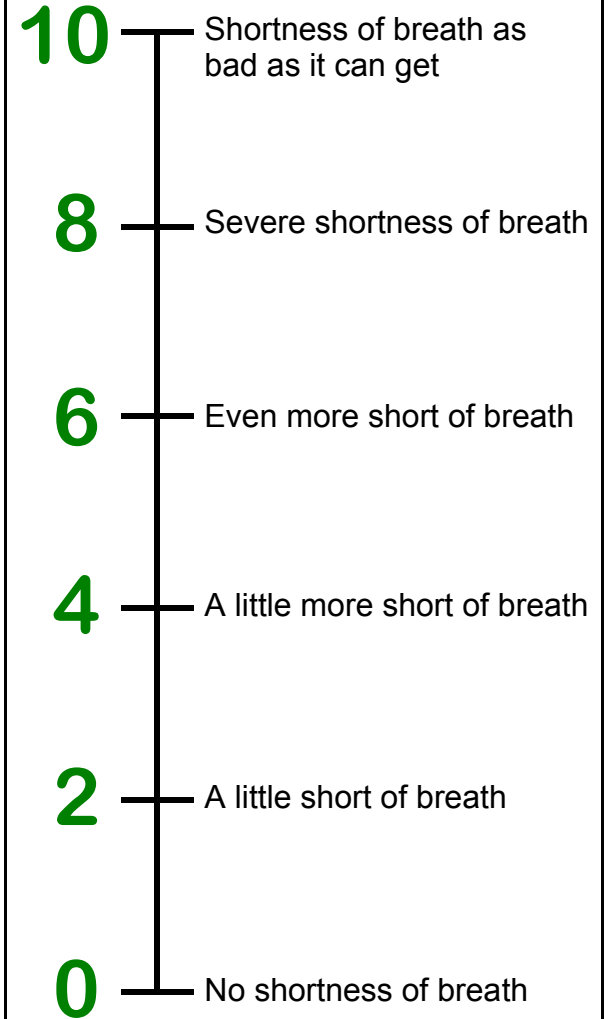
**Choose a number from 0-10 that best describes your breathing**

## DYSPNEA ASSESSMENT GUIDE



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## DYSPNEA ASSESSMENT GUIDE



**Choose a number from 0-10 that best describes your breathing**

## TELL ME ABOUT YOUR SHORTNESS OF BREATH

### Words to describe shortness of breath

Tightness in the chest  
Air hunger (often associated with asthma)  
Hard to breath (related to the work of breathing)  
Shortness of breath (often associated with COPD)  
Suffocation                      Choking  
Heavy breathing                  Not getting enough air

### Intensity (0-10)

If 0 is no shortness of breath and 10 is as bad as your breathing could get, what is your shortness of breath now?...in the last 24 hours?

### Life with dyspnea

What does your shortness of breath mean to you?  
How does your shortness of breath affect your daily life?

### Duration

When do you experience shortness of breath?  
Is there a time of day that is worse than another?

### Aggravating and alleviating factors

What makes the shortness of breath better?  
What makes the shortness of breath worse?

### Affects

eating    dressing    sleeping    relationships  
ability to perform household chores    bathing

### Associated symptoms

anxiousness    insomnia    depression    fear/worry  
tachycardia    fatigue    restlessness    confusion  
concentration    social isolation  
use of accessory muscles for breathing

### Medication use

What medication have you used?  
How much O<sub>2</sub> are you using?

#### References:

- Thomas and von Gunten, Management of dyspnea. Journal of Supportive Oncology May/June 2003.
- Spector and Klein, Assessing and managing dyspnea. Loyola University of Chicago.
- Inzeno and Tyson, Nursing assessment and management of dyspneic patients with lung cancer. Clinical Journal of Oncology Nursing May/June 2003.
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