

Baseline/Transition Dyspnea Index (BDI/TDI)

BASELINE DYSPNEA INDEX

Baseline Functional Impairment

___ Grade 4	<i>No Impairment</i>	Able to carry out usual activities and occupation without shortness of breath.
___ Grade 3	<i>Slight Impairment</i>	Distinct impairment in at least one activity but no activities completely abandoned. Reduction, in activity at work or in usual activities, that seems slight or not clearly caused by shortness of breath.
___ Grade 2	<i>Moderate Impairment</i>	Subject has changed jobs <i>and/or</i> has abandoned at least one usual activity due to shortness of breath.
___ Grade 1	<i>Severe Impairment</i>	Subject unable to work or has given up most or all usual activities due to shortness of breath.
___ Grade 0	<i>Very Severe Impairment</i>	Unable to work <i>and</i> has given up most or all usual activities due to shortness of breath.
___ W	<i>Amount Uncertain</i>	Subject is impaired due to shortness of breath, but amount cannot be specified. Details are not sufficient to allow impairment to be categorised.
___ X	<i>Unknown</i>	Information unavailable regarding impairment.
___ Y	<i>Impaired for Reasons Other than Shortness of Breath</i>	For example, musculoskeletal problem or chest pain.

Usual activities refer to requirements of daily living, maintenance or upkeep of residence, yard work, gardening, shopping, etc.

Baseline Magnitude of Task

____ Grade 4	<i>Extraordinary</i>	Becomes short of breath only with extraordinary activity such as carrying very heavy loads on the level, lighter loads uphill, or running. No shortness of breath with ordinary tasks.
____ Grade 3	<i>Major</i>	Becomes short of breath only with such major activities as walking up a steep hill, climbing more than three flights of stairs, or carrying a moderate load on the level.
____ Grade 2	<i>Moderate</i>	Becomes short of breath with moderate or average tasks such as walking up a gradual hill, climbing fewer than three flights of stairs, or carrying a light load on the level.
____ Grade 1	<i>Light</i>	Becomes short of breath with light activities such as walking on the level, washing, or standing.
____ Grade 0	<i>No Task</i>	Becomes short of breath at rest, while sitting, or lying down.
____ W	<i>Amount Uncertain</i>	Subject's ability to perform tasks is impaired due to shortness of breath, but amount cannot be specified. Details are not sufficient to allow impairment to be categorised.
____ X	<i>Unknown</i>	Information unavailable regarding limitation of magnitude of task.
____ Y	<i>Impaired for Reasons Other than Shortness of Breath</i>	For example, musculoskeletal problem or chest pain.

Baseline Magnitude of Effort

____ Grade 4	<i>Extraordinary</i>	Becomes short of breath only with the greatest imaginable effort. No shortness of breath with ordinary effort.
____ Grade 3	<i>Major</i>	Becomes short of breath with effort distinctly submaximal, but of major proportion. Tasks performed without pause unless the task requires extraordinary effort that may be performed with pauses.
____ Grade 2	<i>Moderate</i>	Becomes short of breath with moderate effort. Tasks performed with occasional pauses and requiring longer to complete than the average person.
____ Grade 1	<i>Light</i>	Becomes short of breath with little effort. Tasks performed with little effort or more difficult tasks performed with frequent pauses and requiring 50-100% longer to complete than the average person might require.
____ Grade 0	<i>No Effort</i>	Becomes short of breath at rest, while sitting, or lying down.
____ W	<i>Amount Uncertain</i>	Subject's exertional ability is impaired due to shortness of breath, but amount cannot be specified. Details are not sufficient to allow impairment to be categorised.
____ X	<i>Unknown</i>	Information unavailable regarding limitation of effort.
____ Y	<i>Impaired for Reasons Other than Shortness of Breath.</i>	For example, musculoskeletal problems, or chest pain.

TRANSITION DYSPNEA INDEX

Change in Functional Impairment

____-3	<i>Major Deterioration</i>	Formerly working and has had to stop working and has completely abandoned some of usual activities due to shortness of breath.
____-2	<i>Moderate Deterioration</i>	Formerly working and has had to stop working or has completely abandoned some of usual activities due to shortness of breath.
____-1	<i>Minor Deterioration</i>	Has changed to a lighter job and/or has reduced activities in number or duration due to shortness of breath. Any deterioration less than preceding categories.
____ 0	<i>No Change</i>	No change in functional status due to shortness of breath.
____+1	<i>Minor Improvement</i>	Able to return to work at reduced pace or has resumed some customary activities with more vigour than previously due to improvement in shortness of breath.
____+2	<i>Moderate Improvement</i>	Able to return to work at nearly usual pace and/or able to return to most activities with moderate restriction only.
____+3	<i>Major Improvement</i>	Able to return to work at former pace and able to return to full activities with only mild restriction due to improvement of shortness of breath.
____ Z	<i>Further Impairment for Reasons Other than Shortness of Breath</i>	Subject has stopped working, reduced work, or has given up or reduced other activities for other reasons. For example, other medical problems, being "laid off" from work, etc.

Change in Magnitude of Task

____-3	<i>Major Deterioration</i>	Has deteriorated two grades or greater from baseline status.
____-2	<i>Moderate Deterioration</i>	Has deteriorated at least one grade but fewer than two grades from baseline status.
____-1	<i>Minor Deterioration</i>	Has deteriorated less than one grade from baseline. Subject with distinct deterioration within grade, but has not changed grades.
____ 0	<i>No Change</i>	No change from baseline.
____+1	<i>Minor Improvement</i>	Has improved less than one grade from baseline. Subject with distinct improvement within grade, but has not changed grades.
____+2	<i>Moderate Improvement</i>	Has improved at least one grade but fewer than two grades from baseline.
____+3	<i>Major Improvement</i>	Has improved two grades or greater from baseline.
____ Z	<i>Further Impairment for Reasons Other than Shortness of Breath</i>	Subject has reduced exertion capacity, but not related to shortness of breath. For example, musculoskeletal problem or chest pain.

Change in Magnitude of Effort

____-3	<i>Major Deterioration</i>	Severe decrease in effort from baseline to avoid shortness of breath. Activities now take 50-100% longer to complete than required at baseline.
____-2	<i>Moderate Deterioration</i>	Some decrease in effort to avoid shortness of breath, although not as great as preceding category. There is greater pausing with some activities.
____-1	<i>Minor Deterioration</i>	Does not require more pauses to avoid shortness of breath, but does things with distinctly less effort than previously to avoid breathlessness.
____ 0	<i>No Change</i>	No change in effort to avoid shortness of breath.
____+1	<i>Minor Improvement</i>	Able to do things with distinctly greater effort without shortness of breath. For example, may be able to carry out tasks somewhat more rapidly than previously.
____+2	<i>Moderate Improvement</i>	Able to do things with fewer pauses and distinctly greater effort without shortness of breath. Improvement is greater than preceding category, but not of major proportion.
____+3	<i>Major Improvement</i>	Able to do things with much greater effort than previously with few, if any, pauses. For example, activities may be performed 50-100% more rapidly than at baseline.
____ Z	<i>Further Impairment for Reasons Other than Shortness of Breath</i>	Subject has reduced exertional capacity, but not related to shortness of breath. For example, musculoskeletal problem or chest pain.

Dyspnea Recordings at Baseline (BDI)		Date:	Patient initials:	
Functional Impairment (Types/kind of activities)	Magnitude of Task (Level, magnitude, extent)	Magnitude of Effort (Time needed, pauses, exertion)		
Job				
House Work, Shopping				
Leisure Activities, Gardening				
Social Activities				
Washing/Dressing				
At Rest				
Any Other				
BDI Total Score:	Functional Impairment:	Magnitude of Task:	Magnitude of Effort:	

Instruction: Describe activities still possible or given up and characterize under the three categories.

