

DYSPNEA · MODIFIED BORG SCALE

Rating Your Shortness of Breath

This scale, called the Modified Borg Scale for Perceived Dyspnea, is a tool for you to use to **decide the amount of shortness of breath you are having** when you exercise or do other tasks or activities. You say how hard you are breathing on a scale of 0 to 10.

How to Use This Scale

- On the scale, 0 is “no shortness of breath.” A 10 represents “so much shortness of breath that you have to stop the activity.”
- Your own feeling of effort and exertion is important, not how it compares to other people. Look at the scales and the expressions and then give a number.
- **Write the number down on a calendar and make a note of whether your shortness of breath is getting worse, getting better or staying the same each day.** Use your Zone Tool—Green, Yellow or Red—to decide what action to take.
- Tell the nurse or therapist what your number was for the day each time they work with you. The therapist may ask you to rate your shortness of breath before and after exercising.

Shortness of Breath Scale

Rating	Dyspnea (Shortness of Breath)
0	Nothing at all
0.5	Very, very slight shortness of breath
1	Very mild shortness of breath
2	Mild shortness of breath
3	Moderate shortness of breath or breathing difficulty
4	Somewhat severe
5	Strong or hard breathing
6	—
7	Severe shortness of breath or very hard breathing
8	—
9	Extremely severe
10	Shortness of breath so severe you need to stop