

## 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 <i>or</i> 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.

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## 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, <b>but</b> not related to shortness of breath. For example, musculoskeletal problem or chest pain.

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***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.