Dyspnea Monitoring Tool

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Is the resident able to self-report breathlessness?	
☐ Yes – monitor using the Modified Borg scale (see page 2) → Baseline score:	
☐ No – monitor using Respiratory Distress Observation Scale (see page 2) → Baseline score:	

Score			Dyspnea Scale	Salbutamol given?			
Modified Borg	Date				Other	_	
PROS	-	Time			Interventions ¹	Response	Initials
# of puffs:	/уууу)			J			
Yes No				☐ Yes ☐ No			
# of puffs:				# of puffs:			
Yes				☐ Yes ☐ No			
# of puffs: Yes No # of puffs:				# of puffs:			
Yes No				☐ Yes ☐ No			
# of puffs: Yes No				# of puffs:			
Yes No				☐ Yes ☐ No			
# of puffs:				# of puffs:			
Yes				☐ Yes ☐ No			
# of puffs:				# of puffs:			
Yes No				☐ Yes ☐ No			
# of puffs: Yes				# of puffs:			
Yes No				☐ Yes ☐ No			
# of puffs: No				# of puffs:			
Yes No				☐ Yes ☐ No			
# of puffs: No				# of puffs:			
Yes No				☐ Yes ☐ No			
# of puffs:				# of puffs:			
Yes No				☐ Yes ☐ No			
# of puffs:				# of puffs:			
☐ Yes No # of puffs: No				☐ Yes ☐ No			
# of puffs: Yes				# of puffs:			
Yes No # of puffs: No # of puffs: Yes No Yes # of puffs: Yes Yes No				☐ Yes ☐ No			
# of puffs: Yes				# of puffs:			
Yes No				☐ Yes ☐ No			
# of puffs: Yes				# of puffs:			
☐ Yes ☐ No # of puffs: ☐ Yes ☐ No				☐ Yes ☐ No			
# of puffs:				# of puffs:			
☐ Yes ☐ No				☐ Yes ☐ No			
				# of puffs:			
				☐ Yes ☐ No			
# of puffs:				# of puffs:			
☐ Yes ☐ No				☐ Yes ☐ No			
# of puffs:				# of puffs:			
☐ Yes ☐ No				☐ Yes ☐ No			
# of puffs:				# of puffs:			

^{1.} Examples of interventions: positioning, fan for airflow breathing techniques, reassurance/relaxation, other medications

Modified Borg Scale

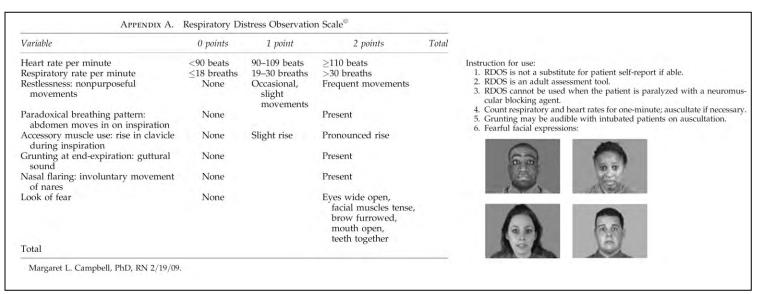
0	No breathlessness* at all	
0.5	Very, very slight (just noticeable)	
1	Very slight	
2	Slight breathlessness	
3	Moderate	
4	Somewhat severe	
5	Severe breathlessness	
6		
7	Very severe breathlessness	
8	1 11	
9	Very, very severe (almost maximal)	
10	Maximal	

Figure 1

Modified Borg scale. (Note: The word "breathlessness" was added in our version of the scale for clarification.) (From Burdon JGW, Juniper EF, Killian KJ, Hargrave FE, Campbell EJM. The perception of breathlessness in asthma. Am Rev Respir Dis 1982;126:825-8. Official Journal of the American Thoracic Society. © by the American Lung Association.)

(From Kendrick KR, Baxi SC, and Smith RM. Usefulness of the modified 0-10 Borg scale in assessing the degree of dyspnea in patients with COPD and asthma. J Emerg Nurs 2000; 26:216-22.)

Respiratory Distress Observation Tool (RDOS)



(From Campbell ML, Templin T, and Walch J. A Respiratory Distress Observation Scale for Patients Unable to Self-Report Dyspnea. J Palliat Med 2010; 13: 285-9.)