

Shortness of breath

Questions from the healthcare provider

How severe is the shortness of breath?

Mild – Moderate – Severe

Rating shortness of breath severity on a scale from 0 to 10 can be helpful.

Zero means no shortness of breath, while 10 means the worst possible shortness of breath.

0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

What does it feel like? What words best describe it?

- Hard to breathe? Can't catch a breath? Heavy feeling? Quick breathing?
- Slow breathing? Tight? Scary? Congested? Painful?

When did the shortness of breath start?

Did it come on suddenly or gradually?

Does shortness of breath happen at rest or only during activity?

What makes it better?

- Certain positions? Rest? Not talking? Trying to relax? Having someone else in the room?
- Certain medications? Oxygen? Something else?

What makes it worse?

- Certain positions? Movement? Certain activities? Talking? Bending?
- Feeling anxious? Certain medications? Something else?

Has shortness of breath happened before? If so, when? What happened then?

What medicines are being taken for shortness of breath? When are they taken?

- How long have they been used? Are there any side effects from the medicine?

Are there any other methods being used to help shortness of breath such as breathing exercises, relaxation, or others?

How is the shortness of breath affecting daily life?

Is shortness of breath preventing participation in regular activities?

What feelings surround shortness of breath?