

BODE Index for COPD

Body Mass Index
Obstruction
Dyspnoea
Exercise Capacity

	Points				Score
	1	2	3	4	
BMI	< 21	≥ 21			
FEV1 % pred.	>65%	50-64%	36-49	≤ 35	
MMRC Dyspnoea Scale	0-1	2	3	4	
6-min walk distance	≥ 350 m	250-349	150-249	≤ 149	
				Total	

Celli, B. R. et al. N Engl J Med 2004;350:1005-1012

MRC Dyspnoea Scale	
1	Breathless only with strenuous exercise
2	Short of breath when hurrying on the level or up a slight hill.
3	Slower than most people of the same age on a level surface or Have to stop when walking at my own pace on the level.
4	Stop for breath walking 100 meters or After a walking few minutes at my own pace on the level
5	Too breathless to leave the house.

