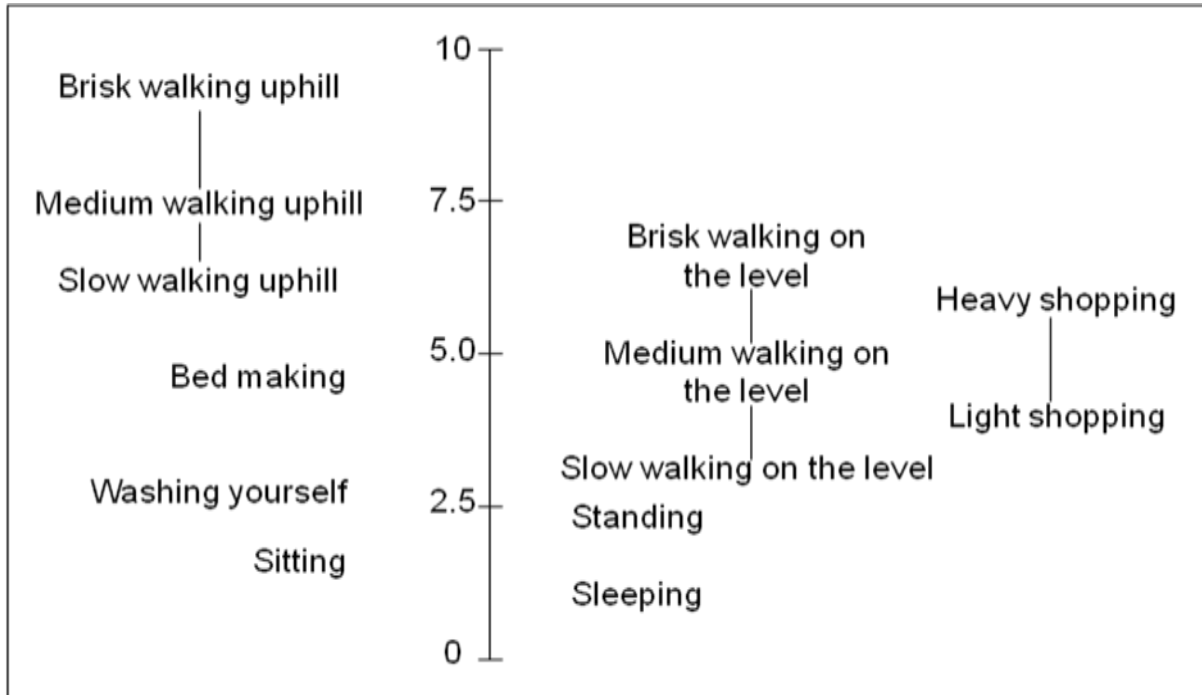


The “Oxygen Cost” Diagram

“What can you do before you become short of breath?”

Patient makes a mark on a 10cm line at the point beyond which they become breathless



The oxygen cost diagram is more sensitive to change than the MRC scale - it consists of a 10cm line with everyday activities placed proportionately according to their oxygen cost. Patients place a mark on a 10cm line, beyond which they become breathless. The ability score is the distance in centimetres from the zero point.

Reference

McGavin CR, Artvinli M, Naoe H, McHardy GJR. Dyspnoea, disability and distance walked: comparison of estimates of exercise performance in respiratory disease. *Br Med J* 1978; 2: 241–243