**COPD annual checklist**

I know what COPD is

I have used the MRC questionnaire (below) to monitor my COPD

How many exacerbations\* have I had in the last year? ..….

I’ve quit or am trying to quit smoking

I’m having my flu jab this year

I’ve got a COPD self management plan

I’m keeping my weight at a healthy level and eating healthily

I’m exercising regularly and I know how to do breathing control exercises

I’m familiar with using my inhalers and confident that my technique is good

\*an exacerbation is where your breathlessness or cough got worse and you needed to take your rescue pack or seek medical attention.

**MRC scale- where do you place yourself?**

**Grade** **Level of activity**

1 Not troubled by breathlessness except during strenuous exercise

2 Short of breath when hurrying or walking up a slight hill

3 Walk slower than contemporaries on the level because of breathlessness, or have to stop for breath when walking at own pace

4 Stop for breath after walking about 100 m or after a few minutes on the level

5 Too breathless to leave the house, or breathless when dressing or undressing