**Various Grades of Breathlessness**

**MMRC – Modified Medical Research Council (Respiratory)**

**Grade 0** – No breathlessness expect with dyspnoea on strenuous exercise.

**Grade 1** – Shortness of breath when hurrying on level ground or walking up a slight hill.

**Grade 2** – On level ground, one walks slower than people of same age because of breathlessness, or have to stop for breath when walking at my own pace.

**Grade 3** – Stops for breath after walking for a few minutes on level ground ( 90 meters).

**Grade 4** – Dyspnoea even on undressing or at rest.

**Sherwood Jones ( Respiratory)**

**Grade 1a** – Able to do house works or job with moderate difficulty.

**Grade 1b** – Carrying out job or house works with great difficulty.

**Grade 2 a** – Confined to chair or bed but able to get up with moderate difficulty.

**Grade 2 b** – Confined to chair or bed but able to get up with great difficulty.

**Grade 3** – Totally confined to chair or bed.

**Grade 4** – Moribund.

**NYHA – Newyork Heart Association functional classification in a patient with heart disease.**

**Grade 1** – No breathlessness.

**Grade 2** – Breathlessness on severe exertion.

**Grade 3** – Breathlessness on mild exertion.

**Grade 4** – Breathlessness at rest.