

Appendix D: Numeric Rating Scale As A Measure of Clinical Dyspnea

On a scale from 0 to 10

Indicate how much shortness of breath you are having right now.

**With 0 = no shortness of breath
And 10 = shortness of breath as bad as can be**

Circle the number:

0 1 2 3 4 5 6 7 8 9 10

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Gift, A. & Narsavage, G. (1998). Validity of the numeric rating scale as a measure of dyspnea. *American Journal of Critical Care*, 7(3), 200-204.