

BODE Index for COPD

The BODE Index is a composite marker of disease taking into consideration the systemic nature of COPD (Celli et al., 2004).

Scoring the BODE Index

	0	1	2	3
FEV ₁ % pred	≥65	50-64	36-49	≤35
6MWD (m)	≥350	250-349	150-249	≤149
MMRC	0-1	2	3	4
BMI (kg.m ⁻²)	>21	≤21		

Total BODE Index score = 0 to 10 units

(FEV₁% pred = predicted amount as a percentage of the forced expiratory lung volume in one second; 6MWD = six minute walking distance; MMRC = modified medical research council dyspnea scale; BMI = body mass index)

Modified MRC Dyspnoea Scale	
0	Breathless only with strenuous exercise
1	Short of breath when hurrying on the level or walking up a slight hill
2	Slower than most people of the same age on the level because of breathlessness or have to stop for breath when walking at my own pace on the level
3	Stop for breath after walking about 100 meters or after a few minutes at my own pace on the level
4	Too breathless to leave the house or I am breathless when dressing