

Escala de falta de ar



"Consigo fazer isto o dia todo"

"Sinto o esforço, mas consigo continuar"

"Demoro a recuperar, isto é difícil"

"Sinto que vou morrer"

Ligeiro

Moderado

Intenso

Severo



Adaptado de Hareendran et al. 'Proposing a standardized method for evaluating patient report of the intensity of dyspnea during exercise testing in COPD' (2012)

https://www.researchgate.net/figure/versions-of-the-modified-Borg-scale-used-to-evaluate-dyspnea-A-Reprinted-from-Am-Rev_fig2_228089364 (acessado 26/04/2022)