

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

Total BODE Index score = 0 to 10 units

(FEV<sub>1</sub>% 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)

<b>Modified MRC Dyspnoea Scale</b>	
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

### **Note**

- The BODE Index is a simple multi-dimensional grading system which scores the systemic components of COPD.
- The BODE Index's components are
  - Body mass index
  - Respiratory function
  - Dyspnea
  - Exercise tolerance
- These components are graded into a simple 10 point scale, with the more severe the symptoms the higher the score.
- The BODE Index has been shown to be a better predictor of mortality than FEV<sub>1</sub> alone and can be useful in predicting readmission to hospital.
- The BODE index is sensitive to change following pulmonary rehabilitation, with a reduction of 1 point (or more) in the score indicating a 'responder' to the program.

Reference: [www.pulmonaryrehab.com.au](http://www.pulmonaryrehab.com.au)