



QUESTIONNAIRE FOR EASE OF COUGH AND SPUTUM CLEARANCE

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FORM CODE: MCQ
VERSION: 2.0 10/09/2017

Event _____

0a) Date of Collection / /

0b) Staff Code

Instructions: This form should be completed during the participant's clinic visit.

I'm now going to ask you a few questions about your coughing, sputum production, and chest discomfort.

[Do not read] Cough Episodes: Frequency

1) How frequently are you coughing today?

- None: unaware of coughing₁
- Rare: cough now and then₂
- Occasional: less than hourly₃
- Frequent: one or more times an hour₄
- Almost constant: never free of cough or feeling free of the need to cough₅

2) How frequently were you coughing last night?

- None: unaware of coughing₁
- Rare: cough in the morning, but I don't waken from sleep₂
- Occasional: wake a few times but I fall back asleep right away₃
- Frequent: waken many times through the night with fits of coughing₄
- Almost constant: up all night with coughing₅

[Do not read] Cough Episodes: Severity on Arising and Throughout the Day

3) How severe were your coughing episodes on a typical day during the past week?

- None: unaware of coughing₁
- Mild: did not interfere with usual morning or daily activity₂
- Moderate: must stop activity during coughing episode₃
- Marked: must stop activity during and for a brief period after coughing episode₄
- Severe: stops all activity for some time and is exhausting; can be accompanied by dizziness, headache or pain₅

Rubin BK, Ramirez O, & Ohar JA. Iodinated glycerol has no effect on sputum properties, pulmonary function, or symptom score in patients with stable chronic bronchitis. *Chest* 1996; 109; 348-352

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[Do not read] Ease of Bringing Up Sputum During the Day

- 4) How easy is it to cough up sputum when you cough today?
- None: unaware of coughing at all₁
 - Easy: sputum comes up without difficulty after only one or two coughs₂
 - Somewhat difficult: most of the sputum comes up but only after several hard coughs₃
 - Very difficult: some sputum comes up after hard coughing but there is the feeling that most is still sticking down there₄
 - Impossible: there is sputum down there but no matter how hard the coughing nothing comes up₅

[Do not read] Chest Discomfort: Tightness and/or Congestion on Arising and Throughout the Day

- 5) How much chest tightness or discomfort do you have today?
- None: unaware of any discomfort₁
 - Mild: noticeable now-and-then but is not bothersome and passes quickly; does not limit activity₂
 - Moderate: noticeable during light activity such as walking one block or up one flight of stairs₃
 - Marked: noticeable while washing or dressing in the morning₄
 - Severe: almost constant and limits all activity; present even while resting₅

Rubin BK, Ramirez O, & Ohar JA. Iodinated glycerol has no effect on sputum properties, pulmonary function, or symptom score in patients with stable chronic bronchitis. *Chest* 1996; 109; 348-352