

## RESPIRATORY STATUS ASSESSMENT TOOL

(Revised: August 2020)



|   | NORMAL                     | MILD   | MODERATE   | SEVERE to LIFE-THREATENING  |
|---|----------------------------|--|--|---|
| <b>GENERAL APPEARANCE</b>                   | Calm, quiet                | Calm or mildly anxious   | Distressed or anxious  | Distressed, anxious, fighting to breathe, exhausted, catatonic  |
| <b>SPEECH</b>                               | Clear and steady sentences | Full sentences   | Short phrases only   | Words only or unable to speak   |
| <b>BREATH SOUNDS AND CHEST AUSCULTATION</b> | Usually quiet, no wheeze   | Able to cough<br><b>Asthma:</b> mild expiratory wheeze<br><b>LVF:</b> may be some fine crackles at bases | Able to cough<br><b>Asthma:</b> expiratory wheeze, +/- inspiratory wheeze<br><b>LVF:</b> crackles at bases - to mid-zone | Unable to cough<br><b>Asthma:</b> expiratory wheeze +/- inspiratory wheeze, maybe no breath sounds (late)<br><b>LVF:</b> fine crackles - full field, with possible wheeze<br><b>Upper airway obstruction:</b> Inspiratory stridor |
| <b>RESPIRATORY RATE</b>                     | 12-16                      | 16-20  | >20  | >20<br>Bradypnoea (<8)  |
| <b>RESPIRATORY RHYTHM</b>                   | Regular even cycles        | <b>Asthma:</b> may have slightly prolonged expiratory phase  | <b>Asthma:</b> prolonged expiratory phase  | <b>Asthma:</b> prolonged expiratory phase<br><b>Upper airway obstruction:</b> see-saw breathing/paradoxical   |
| <b>WORK OF BREATHING</b>                    | Normal chest movement      | Slight increase in normal chest movement   | Marked chest movement +/- use of accessory muscles   | Marked chest movement with accessory muscle use, intercostal retraction +/- tracheal tugging  |
| <b>HR</b>                                   | 60 - 100 bpm               | 60 - 100 bpm   | 100 - 120 bpm  | > 120 bpm<br>Bradycardia late sign  |
| <b>SKIN</b>                                 | Normal                     | Normal   | Pale and sweaty  | Pale and sweaty, +/- cyanosis   |
| <b>CONSCIOUS STATE</b>                      | Alert                      | Alert  | May be altered   | Altered or unconscious  |