

Wellbeing Diary & Life Impact Scores.

Breathing Score

How was your breathing today?

Excellent = 1; Good = 2; Fair = 3; Bad = 4; Very Bad = 5

Activity of Daily Living Score

Has your breathing affected your ability to perform daily activities such as self-wash/dress, cooking, housework?

Not at all = 1; A little = 2; A fair amount = 3; Much = 4; Very much = 5.

Sputum Amount

How much sputum have you produced?

None = 1; Up to 5mls (1 teaspoon) = 2; Up to 15mls (1 tablespoon) = 3; Up to 30mls = 4 (1 egg cup); Up to or greater than 50mls (1 cup) = 5.

Sputum Texture

How would you describe the produced sputum?

Watery = 1; Sticky Liquid = 2; Semi -solid = 3; Solid = 4.

Sputum Colour (Participants were provided with a colour chart)

What is the colour of your sputum?

Watery, clear, transparent = 1; Watery, cloudy, colourless = 2; Creamy = 3;

Light Green = 4; Dark Green = 5.