

# BODE Index Calculator

<b>BODE Index for predicting COPD survival</b>	
<b>FEV1 (% of predicted)</b>	
≥65	0 points
50-64	1 points
36-49	2 points
≤35	3 points
<b>6-minute walk distance (meters)</b>	
≥350	0 points
250-249	1 points
150-249	2 points
≤149	3 points
<b>mMRC dyspnea scale</b>	
<b>mMRC 0-1</b> Breathlessness only on strenuous exercise or breathless when hurrying on the level or walking up a slight hill.	0 points
<b>mMRC 2</b> Walks slower than other people the same age on the level due to shortness of breath or needs to stop for breath when walking at own pace.	1 points
<b>mMRC 3</b> Short of breath after walking few minutes on the level or about 100 yards (90m).	2 points
<b>mMRC 4</b> Too breathless to leave the house, or breathless when dressing or undressing.	3 points
<b>Body-mass index</b>	
>21	0 points
≤21	1 points



<b>BODE Index (total points)</b>	<b>Estimated 4-yr survival</b>
0-2	80%
3-4	67%
5-6	57%
7-10	18%

Source: Agarwal AK, Raja A, Brown BD. Chronic Obstructive Pulmonary Disease. [Updated 2022 Jul 17]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. [Figure, Table 4. BODE index for predicting COPD survival. Contributed by Anuj Agarwal, MD] Available from: <https://www.ncbi.nlm.nih.gov/books/NBK559281/figure/article-26083.image.f8/>