

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

Remote assessment of breathlessness

Some guiding principles on remote COVID assessments by video link or telephone.¹

1. Check whether the patient can complete their sentences with ease and comfort:

- How is your breathing today?

2. The (UK) NHS 111 symptom checker asks three questions:

- Are you so breathless that you are unable to speak more than a few words?
- Are you breathing harder or faster than usual when doing nothing at all?
- Are you so ill that you've stopped doing all of your usual daily activities?

3. Focus on change-deterioration rather than current S.O.B.

- Is your breathing faster, slower, or the same as normal?
- What could you do yesterday that you can't do today?
- What makes you breathless now that didn't make you breathless yesterday?

4. Interpret the breathlessness in the context of the wider history and physical signs e.g. a new, audible wheeze and a verbal report of blueness of the lips.

5. Respiratory rate not by phone but by good video connection.

Reference:

1. Video consultations for covid-19 an opportunity in a crisis. BMJ (2020) [View here](#)

[Click here](#) to view more Gems



[Tweet](#)



[Share](#)



[Forward](#)



If this email was forwarded to you and you would like to automatically receive Goodfellow Gems [Click here](#).

Copyright © 2020 Goodfellow Unit, All rights reserved.

You are receiving this email because you opted in when you joined www.goodfellowunit.org

Our mailing address is:

Goodfellow Unit
University of Auckland, Grafton Campus, Bldg 507
22-30 Park Ave, Grafton,
Auckland, Auckland 1023
New Zealand