

THE BROMPTON BPAT

(BREATHING PATTERN ASSESSMENT TOOL)

Breathing Assessment at Rest

The patient should be at rest (have sat still for 5 minutes prior to assessment) in sitting with their **back rested against a seat back**.

Count respiratory rate and observe breathing pattern for **one minute**. Score features of breathing in table below.

Patients Name: _____ ID Number: _____ Date: _____

Abdominal or upper chest movement: Where is movement occurring in tidal volume breathing at rest?	Abdominal (Diaphragm level and below)	Combination (Movement in both upper chest and abdomen)	Apical (Upper chest rises and falls with each breath)
Inspiratory flow Do they have increased inspiratory flow? This would be indicated by an <u>audible</u> breath <u>IN</u> through either nose or mouth and includes any type of wheeze.	Silent	Audible	Loud
Expiratory flow Do they have increased expiratory flow? This would be indicated by an <u>audible</u> breath <u>OUT</u> through either nose or mouth and includes any type of wheeze.	Silent	Audible	Loud
Channel of inspiration and expiration Are they breathing through their; nose, mouth or a combination of both during the minute assessed?	Nose (with their mouth closed throughout the minute assessed)	Nose and mouth (During the minute some breaths are through their nose and some through their mouth)	Mouth (Breathing with mouth open throughout)
Air hunger During the minute assessed is the patient showing signs of air hunger. This includes yawning, sighing or taking a deeper breath than their tidal breaths?	None	Once per minute	Twice or more times per minute
Respiratory Rate What is their respiratory rate in the minute assessed? TOTAL RR _____	12 or less	13-25	25+
Rhythm Are their breaths evenly spaced throughout the minute? Do they appear regular and rhythmical?	Rhythmical		Erratic
Scoring	0	1	2
Score for each column			
		TOTAL SCORE	