

# 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: \_\_\_\_\_

<b>Abdominal or upper chest movement:</b> Where is movement occurring in tidal volume breathing at rest?	<b>Abdominal</b> (Diaphragm level and below)	<b>Combination</b> (Movement in both upper chest and abdomen)	<b>Apical</b> (Upper chest rises and falls with each breath)
<b>Inspiratory flow</b> 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.	<b>Silent</b>	<b>Audible</b>	<b>Loud</b>
<b>Expiratory flow</b> 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.	<b>Silent</b>	<b>Audible</b>	<b>Loud</b>
<b>Channel of inspiration and expiration</b> Are they breathing through their; nose, mouth or a combination of both during the minute assessed?	<b>Nose</b> (with their mouth closed throughout the minute assessed)	<b>Nose and mouth</b> (During the minute some breaths are through their nose and some through their mouth)	<b>Mouth</b> (Breathing with mouth open throughout)
<b>Air hunger</b> 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?	<b>None</b>	<b>Once per minute</b>	<b>Twice or more times per minute</b>
<b>Respiratory Rate</b> What is their respiratory rate in the minute assessed? <b>TOTAL RR</b> _____	<b>12 or less</b>	<b>13-25</b>	<b>25+</b>
<b>Rhythm</b> Are their breaths evenly spaced throughout the minute? Do they appear regular and rhythmical?	<b>Rhythmical</b>		<b>Erratic</b>
<b>Scoring</b>	0	1	2
<b>Score for each column</b>			
		<b>TOTAL SCORE</b>	