

COPD

CLINICAL RESOURCE TOOL

Every year, chronic obstructive pulmonary disease (COPD) kills **152,000 Americans.**

6.6% of U.S. adults have a COPD diagnosis →

That's **16 million** people.

12 million remain
UNDIAGNOSED

COPD symptoms are often underreported, making **formal assessment critical.**

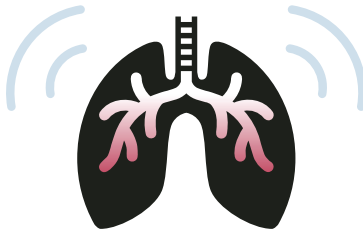
SYMPTOMS

Breathlessness, cough, sputum



PHYSICAL FINDINGS

Wheezing during auscultation, prolonged expiration



RISK FACTORS

Tobacco, pollution, occupation, genetics



Spirometry is necessary to confirm a COPD diagnosis!

Adapted from: Global Initiative for Chronic Obstructive Lung Disease (GOLD). *Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease*. 2021. https://goldcopd.org/wp-content/uploads/2020/11/GOLD-REPORT-2021-v1.1-25Nov20_WMV.pdf.

COPD

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Grade/Severity	FEV1 (% predicted)
GOLD 1: Mild	≥ 80
GOLD 2: Moderate	50-79
GOLD 3: Severe	30-49
GOLD 4: Very Severe	< 30

Post-bronchodilator **FEV1/FVC ≤ 0.70** confirms irreversible obstruction

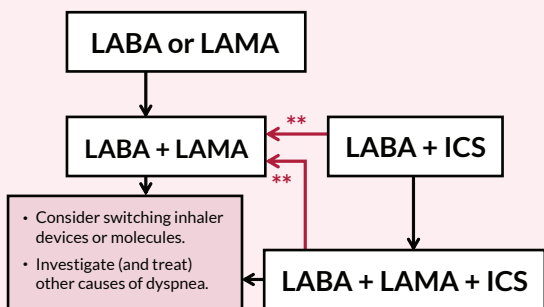
INITIAL PHARMACOTHERAPY

Group C	Group D
≥ 2 moderate exacerbations or ≥ 1 leading to hospitalizations LAMA	LAMA + LABA* or ICS + LABA** <small>*Consider if highly symptomatic **Consider if eosinophils ≥ 300</small>
Group A	Group B
0 or 1 moderate exacerbations (not leading to hospitalization) A Bronchodilator mMRC 0-1 CAT < 10	LABA or LAMA mMRC ≥ 2 CAT ≥ 10

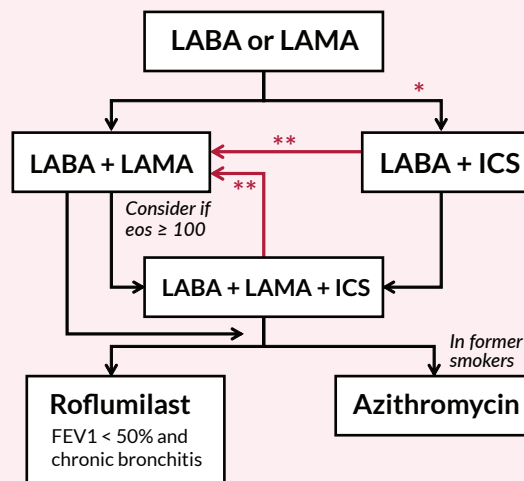
FOLLOW-UP PHARMACOTHERAPY

Consider the predominant treatable trait to target (dyspnea or exacerbation) below and follow it. Use the exacerbation pathway if both need to be targeted. These recommendations do not depend on the ABCD assessment at diagnosis.

DYSPNEA



EXACERBATIONS



Don't Forget!

- Smoking cessation.
- Pollutant avoidance.
- Vaccination.
- Exercise training.
- Pulmonary rehabilitation.

eos = blood eosinophil count (cells/μL)

* Consider if eos = 300 or eos = 100 AND > 2 moderate exacerbations/ 1 hospitalization

** Consider de-escalation of ICS or switch if pneumonia, inappropriate original indication or lack of response to ICS occurs.

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