SCREENING and DIAGNOSIS

SCREEN patients over 40 with COPD risk factors or chronic respiratory symptoms

Suspect COPD?

Suspect asthma?

TEST using spirometry

Diagnostic criteria: FEV₁/FVC ratio < lower limit of normal % based on patient’s age, sex, height, ethnicity (usually ratio < 70%)

Meet COPD diagnostic criteria? no yes

EVALUATE and TREAT comorbidities

CLASSIFY severity and TREAT based on FEV₁ and symptoms (see back of card)

Risk factors: current/past smoker; history of other inhalation exposures; familial/genetic tendency

Symptoms: dyspnea; chronic, persistent cough; chronic sputum production

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Not intended to replace physician judgment with respect to individual variations and needs.
Stage 1: Mild
FEV₁ >80%
Cough & sputum may be present

Stage 2: Mod
FEV₁ 50% to 80%
DOE; cough and sputum sometimes present

Stage 3: Severe
FEV₁ 30% to 50%
↑dyspnea & fatigue; ↓activity tolerance; freq exacerbations

Stage 4: Very severe
FEV₁ <30%
Chronic resp failure; life-threatening exacerbations

Stage 1 treatment (all severity levels)

- **General education and prevention**: Smoking cessation; influenza and pneumococcal vaccines; avoidance of inhalation exposures; consideration of alpha-1 antitrypsin deficiency test; exacerbation prevention and management
- **Medications**: inhaled short-acting beta₂-agonists (SABAs)
- **Oxygen therapy**: Perform oximetry at every visit to determine need for oxygen therapy. If <89%, provide oxygen therapy. If 89% to 94%, consider exercise oximetry and/or nocturnal oximetry.

STAGES 2 to 4 treatment (Stage 1 PLUS...)

- **General treatment**: consider pulmonary rehabilitation and pulmonary consult; consider action or care plan
- **Medications**:
  - First-line: Inhaled SABA, anticholinergic
  - Second-line: SABA plus short-acting anticholinergic, long-acting beta₂-agonists (LABA), LABA plus corticosteroid, phosphodiesterase-4 (PDE4) inhibitor
  - Antibiotics, oral corticosteroids (mild to severe exacerbations)

Follow-up every 3–12 months depending on severity, comorbidities, and exacerbations.