

COPD Review Guide - 'A few Tips'/Checklist

- Check your patients list in advance – if a new patient – is the diagnosis correct Spiro confirmed in line with diagnosis
- Or if a patient is not responding to current treatment – check diagnosis (refer C&M Diagnostic pathway)
- COPD or COPD/Asthma overlap (which is the predominant condition, same medication for both conditions but prescribed in different pathways)
- **Face to face review:** Ask reception on the individual's arrival to pass them the COPD control test to complete (CAT) whilst waiting for you
- Read the individuals notes in advance – know which condition you are reviewing (this will save you clinical time!)
 - ⇒ Check for any exacerbations past 12/12 (any OCS/antibiotics, A&E attendances or hospital admissions (you will need this for your template)
 - ⇒ Has the individual been collecting regular inhaler medication
 - ⇒ Any other admissions relating to co-morbidities i.e. cardiac (blood tests i.e. ProBNP required) or depression etc.
 - ⇒ Has a rescue pack been issued – sputum pot for sample to go to the lab?
 - ⇒ Personalised management plan issued?



- Complete **COPD template annual review** (they may differ depending on practice systems). Essential to complete/check:
 - ⇒ Review: symptoms – what are they, respond to medication – if so which medication
 - ⇒ CAT, MRC etc.
 - ⇒ SABA use
 - ⇒ Review, exam: BP, sats etc,
 - ⇒ COPD level: mild/moderate/severe
 - ⇒ Review: Depression score, anxiety score
 - ⇒ Exacerbations how many/OCS/antibiotics required?
 - ⇒ Chest examination – if trained
 - ⇒ Vaccinations up to date
 - ⇒ Check Inhaler technique
 - ⇒ Check if the patient takes part in regular physical activity. (outside of a PR programme)
 - ⇒ Discuss air quality in the home – does the patient burn candles, use wax melts, have plug ins etc.
 - ⇒ Housing quality/how is the home fuelled – is this gas/electric?
 - ⇒ Management – personal management plan with rescue pack/sputum pot/for sample at time of exacerbation – send to lab to check antibiotics are required, or any concerns re post exacerbation symptoms. Sometimes only a course of OCS or antibiotics are needed – not always both depending on the individuals' symptoms and condition
 - ⇒ Complete post exacerbation review form (link can be found on C&M COPD pathway)
 - ⇒ Referrals: PR, smoking cessation/advice, chest x-ray, CT scan, blood tests, housing and fuel poverty support/resources
 - ⇒ Next review – diary input onto system