

Recognised cause?  
Symptoms consistent with COPD?  
Post bronchodilator  
 $FEV_1/FVC < 0.7$



**With asthma**

**Predominant Breathlessness**

$\geq 2$  moderate exacerbations  
OR  $\geq 1$  hospitalisation  
in last 12 months

**BLOOD EOSINOPHILS**

**Initial treatment**

**Follow-up treatment**

Self-management plan



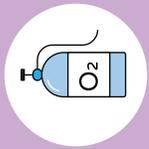
Healthy diet & nutritional support



Treat co-morbidities



Oxygen support when needed



Physical activity & pulmonary rehabilitation



Reduce risk factors



Lung surgery



Get recommended vaccinations



Edition 1.2 to distribute (03/2024). Created and designed by IPCRG. An educational grant from Boehringer Ingelheim enabled IPCRG to develop and test this tool. A grant from AstraZeneca enabled IPCRG to translate and distribute it. For feedback visit <https://tinyurl.com/copdsurveyen>

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LABA/ICS + LAMA

LABA/ICS

LAMA

LABA/LAMA

LABA/LAMA

LABA/LAMA/ICS

LABA/LAMA

LABA/LAMA/ICS

LABA/LAMA/ICS

LABA/LAMA/ICS if  $\geq 300$

LABA/LAMA/ICS if  $\geq 100$

LABA/LAMA/ICS

LABA

or

LAMA

LABA

- C** **Chronic** – a long-term health condition that does not go away
- O** **Obstructive** – your airways are narrowed, it's harder to breathe out quickly and air gets trapped in your chest
- P** **Pulmonary** – it affects your lungs
- D** **Disease** – a medical condition

## Identity What is it called?



# Making sense of COPD

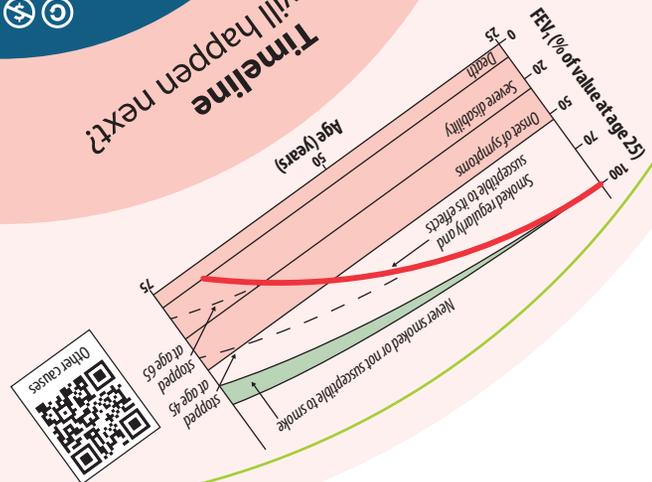
- O** Open questions
- A** Affirmation
- R** Reflection
- S** Summarising



## Why do I have it? Cause



## Timeline What will happen next?



## Consequences How do my choices affect my future?



## Cure or treat What can we do about it?

