

## Reviewing patients on your COPD Register

The COPD register created by the practice staff includes patients with a formal diagnosis of COPD and those with related diagnoses, eg emphysema, chronic bronchitis, etc.

1. Choose those patients with a diagnosis of COPD who need a review, eg no recent spirometry.
2. Decide how to recall and review these patients, eg run a weekly COPD clinic at the practice for several weeks, or recall patients individually.
3. Use COPD-X Guidelines to review management:  
*(Look under COPD in the Fast Find Index of GP South's web-page for links to these guidelines and a range of other resources)*
  - Use spirometry with reversibility testing and other tests, as indicated to confirm diagnosis.
  - Assess patient's willingness to stop if still smoking.  
Provide evidence of current damage (eg lung age Vs actual age)  
Treat nicotine dependence  
Refer to QUIT for support.
  - Prescribe / review medications for symptom relief.
  - Check influenza & pneumonia vaccinations are up to date.
  - Develop a GP Management Plan with the patient, especially what to do in case of an exacerbation.  
Whom can the patient contact in case of emergency?  
Ask practice staff to flag this patient as one who may need an urgent appointment (in Prac Soft : Patient Details / Notes page / appt reminder box)
  - Check weight, fitness, sleep habits (sleep apnoea) and psychological state (anxiety or depression).  
Refer to appropriate allied health, walking groups, fitness programs or support groups, if needed.
  - Refer to the CardioPulmonary Rehab Clinic at the RHH, if appropriate.  
Use the generic RHH clinic referral template and add results of spirometry and any other relevant tests. Mark the form "FOR PULMONARY REHAB CLINIC".

## Reviewing patients at risk of developing COPD

1. Ask practice staff to invite all patients from the smoker /ex-smokers list with a history of smoking 20 cigarettes/day for 10 years or more, to come for a free lung check.
2. Use spirometry with reversibility testing (and other tests, as indicated) to identify any with COPD.
3. Encourage and support any smokers to quit.