

# Optimizing COPD Care During COVID

## Ensure patients are optimally protected during a dedicated COPD visit

### 1. What type of visit did you have with your patient?

- ☐ Telephone ☐ Video ☐ In person

### 2. Is there something that the patient was able to do 6 months ago that they cannot do today?

### 3. Since the patient's last visit, have they been in the habit of refilling their prescriptions monthly?



## Understanding the patient's COPD health status

- ☐ Assess COPD burden based on symptoms and disability
  - CAT (<10 – mild, 10-20 moderate, >20 – severe)
  - The minimum important difference of the CAT is 2 points<sup>1</sup>
  - MRC (1-5, higher number indicates greater disability)
  - How often are you using your ventolin?
- ☐ Identify “at risk” patients. Since their last visit, has the patient experienced worsening symptoms requiring:
  - Antibiotic (Abx) and/or prednisone (OCS)
  - ER visit and/or hospitalization



## Prioritize patient concern

### Increasing symptom burden

*What to look for:* Increased use of ventolin, increase in MRC or CAT score

### Goal: Maximize lung function and reducing breathlessness

Consider<sup>2</sup>:

- Step up from LAMA to LAMA/LABA
- Step up from LAMA/LABA or ICS/LABA to ICS/LAMA/LABA

### High risk for exacerbation

*What to look for:* More than 1 course of Abx and/or OCS, or 1 hospitalization

### Goal: Reduce risk of future exacerbation

Consider<sup>2</sup>:

- Step up from LAMA to LAMA/LABA
- Step up from LAMA/LABA or ICS/LABA to ICS/LAMA/LABA
- Providing the patient with a course of Abx and/or OCS

## Medical Research Council Breathlessness Scale

<b>1</b>	Not troubled by breathlessness except on strenuous exercise
<b>2</b>	Short of breath when hurrying on the level or walking up a slight hill
<b>3</b>	Walks slower than most people on the level, stops after a mile or so, or stops after 15 minutes walking at own pace
<b>4</b>	Stops for breath after walking about 100 yds or after a few minutes on level ground
<b>5</b>	Too breathless to leave the house, or breathless when undressing

Oxford Academic. The MRC breathlessness scale. [https://academic.oup.com/view-large/figure/22175352/occumedkqm162f01\\_ht.gif](https://academic.oup.com/view-large/figure/22175352/occumedkqm162f01_ht.gif)

## COPD Assessment Test™ (CAT)

SCORE

I never cough	0 1 2 3 4 5	I cough all the time	<input type="text"/>
I have no phlegm (mucus) in my chest at all	0 1 2 3 4 5	My chest is full of phlegm (mucus)	<input type="text"/>
My chest does not feel tight at all	0 1 2 3 4 5	My chest feels very tight	<input type="text"/>
When I walk up a hill or a flight of stairs I am not out of breath	0 1 2 3 4 5	When I walk up a hill or a flight of stairs I am completely out of breath	<input type="text"/>
I am not limited to doing any activities at home	0 1 2 3 4 5	I am completely limited to doing all activities at home	<input type="text"/>
I am confident leaving my home despite my lung condition	0 1 2 3 4 5	I am not confident leaving my home at all because of my lung condition	<input type="text"/>
I sleep soundly	0 1 2 3 4 5	I do not sleep soundly because of my lung condition	<input type="text"/>
I have lots of energy	0 1 2 3 4 5	I have no energy at all	<input type="text"/>
COPD Assessment Test and the CAT logo are trademarks of the GlaxoSmithKline group of companies. ©2020 GlaxoSmithKline. All rights reserved.			<b>TOTAL SCORE</b> <input type="text"/>

### With every assessment ....

- ☐ 1. Confirm that the pharmacist has reviewed inhaler technique with the patient
- ☐ 2. Ensure that your patient has instructions on how to manage flare-ups (i.e action plan)
- ☐ 3. Encourage patients to remain active and exercise regularly
- ☐ 4. Review smoking status & inquire about interest in smoking cessation strategies (if still smoking)
- ☐ 5. Remind patient to protect themselves: Use a mask and hand sanitizer when you're in a public place
- ☐ 6. Inquire about vaccination status (annually)

