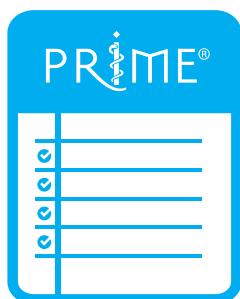




COPD Patient Care Plan:

Healthcare Provider Checklists
for Quality Care in COPD



How to Use Your Checklist

The COPD Patient Care Plan is a brief tool intended to facilitate patient assessment, patient education, and alignment with national quality measures.

This tool contains 3 checklists:

- COPD Diagnosis and Assessment Checklist
- Patient Education Checklist
- 2015 National Quality Measures in COPD

COPD Diagnosis and Assessment Checklist

COPD is defined by post-bronchodilator $FEV_1/FVC < 0.70$. Spirometry should be considered in any patient with symptoms (dyspnea, chronic cough or sputum production) and risk factor(s) for COPD.

Risk Factors for COPD
Exposure to tobacco smoke, occupational dusts, pollution
Age > 40
Respiratory infections
Chronic bronchitis
Asthma
Family history
Alpha-1 antitrypsin deficiency

To improve the management of COPD, the Global Initiative for Chronic Obstructive Lung Disease (GOLD) recommends the combined assessment of:

1. Symptoms
2. Degree of airflow limitation using spirometry
3. Risk of exacerbations
4. Comorbidities

1. Symptoms

Short, validated tools for assessing COPD symptoms include:

- COPD Assessment Test (CAT)
- Clinical COPD Questionnaire (CCQ)
- Modified British Medical Research Council (mMRC) Breathlessness Scale

2. Airflow limitation using spirometry

Perform spirometry after administration of a short-acting bronchodilator to minimize variability.

Stage	Spirometry
GOLD 1: Mild	$FEV_1 \geq 80\%$ predicted
GOLD 2: Moderate	$50\% \leq FEV_1 < 80\%$ predicted
GOLD 3: Severe	$30\% \leq FEV_1 < 50\%$ predicted
GOLD 4: Very Severe	$FEV_1 < 30\%$ predicted

3. Risk of exacerbations

Indicators of high risk:

- ≥ 2 exacerbations in the last year
- ≥ 1 exacerbations resulting in hospitalization
- $FEV_1 < 50\%$ predicted value

4. Comorbidities

Cardiovascular disease is the most important comorbidity. Osteoporosis and depression are often under-diagnosed in COPD.

COPD Comorbidities

Cardiovascular diseases	Diabetes
Osteoporosis	Lung cancer
Respiratory infections	Bronchiectasis
Anxiety and depression	

GOLD Combined Assessment

Use the combined assessment of the above factors to guide COPD treatment and management.

Patient	Characteristic	Spirometric classification	Exacerbations per year	CAT	mMRC
A	Low Risk, Less Symptoms	GOLD 1-2	≤ 1	< 10	0-1
B	Low Risk, More Symptoms	GOLD 1-2	≤ 1	≥ 10	≥ 2
C	High Risk, Less Symptoms	GOLD 3-4	≥ 2	< 10	0-1
D	High Risk, More Symptoms	GOLD 3-4	≥ 2	≥ 10	≥ 2

Patient Education Checklist

All guidelines recommend patient (and caregiver) education to improve COPD self-management skills. Use the table below to document discussion of key patient education topics.

Topics for Patient Education	Comments (ie, patient understanding)	Date	Initial
<i>Disease Features</i>			
The nature of COPD (ie, progressive, chronic)			
Symptoms			
Comorbidities			
<i>Reduction of Risk Factors</i>			
Smoking cessation			
Vaccinations (ie, influenza, pneumonia)			
<i>Action Plan</i>			
Recognition and treatment of exacerbations			
When to call the physician			
When to seek emergency care			
<i>Medications</i>			
Purpose of medications (ie, how they work)			
Therapeutic options, (eg, bronchodilators, combination therapies)			
The importance of medication adherence			
Instructions on use of inhalers			
<i>Nonpharmacologic Therapy</i>			
Home oxygen (instructions for use)			
Pulmonary rehabilitation			
Surgical options (ie, lung transplant, LVRS)			
<i>Lifestyle Changes</i>			
Skills for coping with chronic diseases			
Strategies for minimizing breathlessness			
Importance of physical exercise			
<i>Healthcare Visits</i>			
Follow-up visits			
Test results (eg, spirometry)			

2015 National Quality Measures in COPD

Quality measures are indicators of the quality of care provided by healthcare professionals. A major avenue for reporting quality measures is the Physician Quality Reporting System (PQRS) developed by the Centers for Medicare & Medicaid Services (CMS). Listed below are the 2015 PQRS measures specific to COPD. For additional information visit [How To Get Started](#) on CMS.gov.

2015 PQRS COPD Quality Measures							
Measure	NQS Quality Domain	Measure Description	Reporting Methods				
			Claims	Registry	EHR	Measures Group	GPRO
51	Effective Clinical Care	COPD: Spirometry Evaluation: Percentage of patients aged 18 years and older with a diagnosis of COPD who had spirometry results documented.	✓	✓		✓	
52	Effective Clinical Care	COPD: Inhaled Bronchodilator Therapy: Percentage of patients aged 18 years and older with a diagnosis of COPD and who have an FEV ₁ /FVC < 60% and have symptoms who were prescribed an inhaled bronchodilator	✓	✓		✓	
110	Community/Population health	Preventive Care and Screening: Influenza Immunization: Percentage of patients aged 6 months and older seen for a visit between October 1 and March 31 who received an influenza immunization or who reported previous receipt of an influenza immunization.	✓	✓	✓	✓	✓
111	Community/Population health	Pneumonia Vaccination Status for Older Adults: Percentage of patients 65 years of age and older who have ever received a pneumococcal vaccine.	✓	✓	✓	✓	✓
130	Patient Safety	Documentation of Current Medications in the Medical Record: Percentage of visits for patients aged 18 years and older for which the eligible professional attests to documenting a list of current medications using all immediate resources available on the date of the encounter. This list must include all known prescriptions, over-the-counters, herbals, and vitamin/mineral/dietary (nutritional) supplements and must contain the medications' name, dosage, frequency, and route of administration.	✓	✓	✓	✓	✓
226	Effective Clinical Care	Preventive Care and Screening: Tobacco Use: Screening and Cessation Intervention: Percentage of patients aged 18 years and older who were screened for tobacco use 1 or more times within 24 months and who received cessation counseling intervention if identified as a tobacco user.	✓	✓	✓	✓	✓

EHR = electronic health record; GPRO = group practice reporting option; NQS = National Quality Strategy

References

1. Global Initiative for Chronic Obstructive Lung Disease (GOLD). *Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease*. Updated Jan 2015. Available at: www.goldcopd.org/uploads/users/files/GOLD_Report_2015_Apr2.pdf. Accessed 4/22/15.
2. Global Initiative for Chronic Obstructive Lung Disease (GOLD). *Pocket Guide to COPD Diagnosis, Management, and Prevention: A Guide for Health Care Professionals*. Updated Jan 2015. Available at: www.goldcopd.org/uploads/users/files/GOLD_Pocket_2015_Feb18.pdf. Accessed 4/22/15.
3. Centers for Medicare & Medicaid Services. 2015 Physician Quality Reporting System (PQRS) Implementation Guide. Available at: www.cms.gov. Accessed 4/21/15.
4. Centers for Medicare & Medicaid Services. 2015 Physician Quality Reporting System (PQRS) Measures Groups Specifications Manual. Available at: www.cms.gov. Accessed 4/21/15.