

Guidelines for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease (COPD)

MVP Health Care, as part of its continuing Quality Improvement Program, adopted the Global Initiative for Chronic Obstructive Lung Disease's (GOLD) clinical guideline for the diagnosis, management, and prevention of COPD (2009 update).

Background:

Chronic Obstructive Pulmonary Disease (COPD) refers to a group of diseases that cause airflow obstruction and breathing problems. It includes emphysema, chronic bronchitis, and in some cases asthma. In the United States, tobacco use is a key factor in the development and progression of COPD, but asthma, exposure to air pollutants in the home and workplace, genetic factors, and respiratory infections also play a role. The disease is associated with high-cost utilization of emergency department and inpatient admissions and is a leading cause of illness, disability and death in the United States.

Statistics, Morbidity and Mortality:

- Non-institutionalized adults with diagnosed chronic bronchitis in the past year = 9.8 million.
- Non-institutionalized adults who have ever been diagnosed with emphysema = 3.8 million.
- Emphysema-related deaths = 12,551.
- Emphysema-related deaths per 100,000 population = 4.2.

Source: Centers for Disease Control and Prevention (CDC), National Health Interview Survey, 2008

Key Guideline Messages:

- Risk factors.
- Reduction of risk factors –smoking cessation; occupational exposures; indoor and outdoor air pollutants.
- Implementation of COPD management guidelines in the primary care setting.
- Initial diagnosis and ongoing monitoring and assessment –key indicators for considering a COPD diagnosis; confirming the diagnosis with spirometry; components of the detailed medical history and physical examination.
- Classification of severity and stages of COPD using spirometry.
- Goals of COPD management.
- Managing stable COPD –pharmacologic and non-pharmacologic management approaches.
- Managing exacerbations –diagnosing and assessing the severity of the exacerbation; home and hospital management.

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Guideline Availability:

The GOLD Guideline for COPD entitled, Global Strategy for the Diagnosis, Management, and Prevention of COPD can be found on the GOLDCOPD website at: www.goldcopd.com. Click on the 'Guidelines & Resources' icon which is located under the 'Home' icon on the GOLDCOPD Internet homepage.

In conjunction with these guidelines, MVP Health Care offers a Condition Case Management program for our members with a diagnosis of COPD. If you would like to refer one of your patients to this program, please call the Health Care Operations Department at 1-866-942-7966.

*This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. **All treatment decisions are ultimately up to the physician.*** Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at 1 (800) 777-4793 extension 2602.