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.

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

- COPD is the fourth leading cause of death in the world.
- In 2010, COPD caused 135,000 deaths in the United States.
- Between 1990 and 2010 the death rate from COPD and asthma increased by 9 percent.


Key Guideline Messages

The Global Initiative for Chronic Obstructive Lung Disease released a revised version of the report, Global Strategy for Diagnosis, Management, and Prevention of COPD in 2011. The 2011 update included significant changes to the classification of COPD and related treatment. The report was updated in January 2016 to include additions to text and updated references. The key guideline messages remain unchanged.

- Reduction of risk factors – smoking cessation, occupational exposures, indoor and outdoor air pollutants.
- 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.
- 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.
- COPD and co-morbidities.
Guideline Availability

The GOLD Guideline for COPD entitled, Global Strategy for the Diagnosis, Management, and Prevention of COPD can be found on the GOLD COPD website at: www.goldcopd.com. Click on the ‘Documents & Resources’ icon which is located under the ‘Home’ icon on the GOLD COPD Internet homepage. Also available at this site are a Pocket Guide to COPD Diagnosis, Management, and Prevention and Spirometry Guide.

In conjunction with these guidelines, MVP Health Care offers a Health 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 Care Management Department at 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 (800) 777-4793 extension 1-2247.