Outpatient Workflow for the Diagnosis and Management of COPD

1

First Office Visit for Suspected COPD

Shortness of breath, activity limitations, cough, sputum or wheeze with rish factors

Confirm with Spirometry

FEV1/FVC < 0.7 post bronchodliator confirms diagnosis

- FEV1 <50% and symptoms limiting activities; referral to pulmonary rehab and consider step 2 recommendations
- **Check for AATD with AAT level +/- phenotype**
  - Only needs to be done once per lifetime

Trial of SABA/SAMA

Albuterol, Ipratropium MDI or nebulizer(s)

- Teach Inhaler Usage

Preventative Care

Smoking cessation, vaccinations, cancer screening

2

Follow-up Visit

- No symptoms and active, continue care
- Dyspnea that limits activity or exacerbations
  - Re-evaluate inhaler technique; consider switching inhalers or in training device
  - Add a LAMA (or LABA if can't tolerate LAMA) or consider LABA/LAMA
  - Return in 3-6 weeks to re-evaluate
    - No symptoms or exacerbations, continue care
    - Symptoms are persistent or using LABA/LAMA and SABA/SAMA more than 2-3 times per week.
      - Re-evaluate inhaler technique; consider switching inhalers or training device.
    - Exacerbations are occurring or using LABA/LAMA and SABA/SAMA more than 2-3 times per week.
      - Consider advancing to triple therapy with LABA/LAMA/ICS
- Discuss preventative measures (smoking cessation, immunizations, exercise, diet)

3

Return in 3-6 weeks to re-evaluate

- No symptoms or exacerbations, continue care
- Symptoms or exacerbations or using LABA/LAMA and SABA/SAMA more than 2-3 times per week
  - Evaluate inhaler technique; consider switching inhalers or in training device
  - Exacerbations persist
    - Consider roflumilast (FEV1 < 50%)
    - Consider azithromycin 250 mg daily if not smoking
  - Consider referral to a pulmonologist if failing LABA/LAMA/ICS therapy

AAT: alpha-1 antitrypsin
AATD: alpha-1 antitrypsin deficiency
ICS: inhaled corticosteroids
LABA: long acting beta agonist
LAMA: long acting muscarinic antagonist
SABA: short acting beta agonist
SAMA: short acting muscarinic antagonist

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