

Management of Stable COPD

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Educational objectives:

1. Define the GOLD criteria and BODE index in staging COPD
2. Understand the data supporting certain medications over others in the management of chronic COPD
3. Describe the key components of pulmonary rehab
4. Explain the risks of various antihypertensive agents in patients with COPD

Case 1, Part 1

Mr. Smith is a 64 year-old man who comes in to clinic for a first time visit. He says he has COPD for which he is on albuterol and fluticasone as well as acetylcysteine nebs which he uses only when he has “a lot of mucous”. He feels mildly short of breath at baseline and can walk two blocks before he has to stop. He has a longstanding chronic productive cough. He asks you for “tests to make sure my COPD is doing ok.” He brings in PFTs from last month that show post bronchodilator FEV1 is 55% predicted.

Questions:

1. **What Stage of COPD does this patient have according to GOLD criteria?**
2. **What is the 4 year mortality according to BODE index?**
3. **Do you agree with Mr. Smith’s current medication regimen? Why or Why not?**
4. **How do you know whether a patient is having adequate response to therapy or could benefit from additional medications?** www.goldcopd.com
5. **Other than medications, would you make any additional recommendations?**

Case 1, Part 2

On several subsequent visits, you find Mr. Smith to be consistently hypertensive and decide that it is time to start an antihypertensive.

Questions:

1. Which type of antihypertensive will you choose?

Primary References

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