

MODULE B: ACUTE EXACERBATION

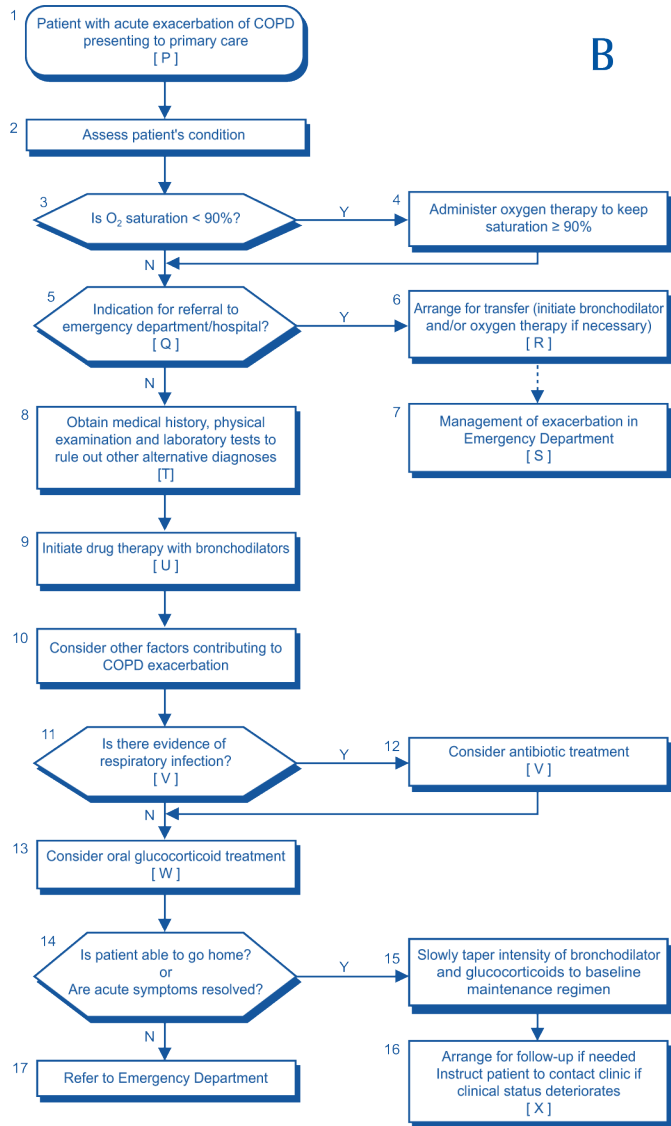


Table 1. Severity of COPD Based on FEV1			
Stage	Severity	Post-bronchodilator FEV1/FVC	FEV1 % predicted
0	At-Risk ⁽¹⁾	≥ 0.7	≥80
1	Mild	≤ 0.7	≥80
2	Moderate	≤ 0.7	50 - 79.9
3	Severe	≤ 0.7	30 - 49.9
4	Very Severe	≤ 0.7	<30

(1) Patients who smoke or are exposed to pollutants; and have cough, sputum or dyspnea; or have family history of respiratory disease. (There is insufficient evidence to support this category)

FEV1: forced expiratory volume in one second; FVC: forced vital capacity

Table 2: Severity of COPD Based on Dyspnea ⁽¹⁾		
Severity	Score	Level of Breathlessness
None	0	Not troubled with breathlessness except with strenuous exercise
Mild	1	Troubled by shortness of breath when hurrying or walking up a slight hill
Moderate	2	Walks slower than people of the same age due to breathlessness or has to stop for breath when walking at own pace on the level
Severe	3	Stops for breath after walking approximately 100 meters or after a few minutes on the level
Very Severe	4	Too breathless to leave the house or breathless when dressing or undressing

(1) Modified Medical Research Council (MMRC) Dyspnea Scale (Bestall et al., 1999)

Table 3: Evaluation of Patient with Mild/Moderate COPD

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Clinical Assessment		Prevention
		Smoking status & readiness to quit
		Vaccination
		Symptom control
		• breathlessness
		• exercise tolerance
		• exacerbation frequency
		• sleep disruption
		• cough & sputum
		Use of drug treatment
		• adherence
		• adverse effect
		• inhaler technique
		Manage complications (in severe COPD)
		• presence of cor pulmonale
		• presence of depression
		• presence of sleep disorder
		• need for LTOT
		• change nutritional status
		Need for pulmonary rehabilitation
Measurements		Spirometry FEV1 & FVC
		Calculate BMI
		MRC dyspnea score

VA/DoD Clinical Practice Guideline
Management of COPD
Pocket Guide

MODULE A: MANAGEMENT OF COPD

