**MODULE A: MANAGEMENT OF COPD**

**VA/DoD Clinical Practice Guideline Management of COPD Pocket Guide**

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**Prevention**
- Smoking status & readiness to quit
- Vaccination
  - Symptom control
  - Breathing
  - 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 TTO
- Change nutritional status

**Need for pulmonary rehabilitation**

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**Measurements**
- Spirometry FEV1 & FVC
- Calculate BMI
- MRC dyspnea score

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**MODULE B: ACUTE EXACERBATION**

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**Table 1: Severity of COPD Based on FEV1**

<table>
<thead>
<tr>
<th>Stage</th>
<th>Severity</th>
<th>Post-Bronchodilator FEV1/FVC</th>
<th>FEV1 % Predicted</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>At-Risk 11</td>
<td>≥ 0.7</td>
<td>&gt;80</td>
</tr>
<tr>
<td>1</td>
<td>Mild</td>
<td>≤ 0.7</td>
<td>≥80</td>
</tr>
<tr>
<td>2</td>
<td>Moderate</td>
<td>≤ 0.7</td>
<td>50 - 79.9</td>
</tr>
<tr>
<td>3</td>
<td>Severe</td>
<td>≤ 0.7</td>
<td>30 - 49.9</td>
</tr>
<tr>
<td>4</td>
<td>Very Severe</td>
<td>≤ 0.7</td>
<td>&lt;10</td>
</tr>
</tbody>
</table>

(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

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**Table 2: Severity of COPD Based on Dyspnea**

<table>
<thead>
<tr>
<th>Severity</th>
<th>Score</th>
<th>Level of Breathlessness</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>0</td>
<td>Not troubled with breathlessness except with strenuous exercise</td>
</tr>
<tr>
<td>Mild</td>
<td>1</td>
<td>Troubled by shortness of breath when hurrying or walking a slight hill</td>
</tr>
<tr>
<td>Moderate</td>
<td>2</td>
<td>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</td>
</tr>
<tr>
<td>Severe</td>
<td>3</td>
<td>Stops for breath after walking approximately 100 meters or after a few minutes on the level</td>
</tr>
<tr>
<td>Very</td>
<td>4</td>
<td>Too breathless to leave the house or breathless when dressing or undressing</td>
</tr>
</tbody>
</table>

(1) Modified Medical Research Council (MMRC) Dyspnea Scale (Davies et al., 2013)

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**Table 3: Evaluation of Patient with Mild/Moderate COPD**

| Prevention
| Smoking status & readiness to quit
| Vaccination
| Symptom control
| Breathing
| 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 TTO
| Change nutritional status |
| Need for pulmonary rehabilitation |

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**FIGURE 1:** Acute exacerbation of COPD: patient pathway. (Adapted from: VA/DoD Clinical Practice Guideline Management of COPD Pocket Guide)