

Show Notes: Episode 4 In the clinic – COPD

Questions discussed in the podcast:

- 1) Brief advice (simple encouragement/advice to stop smoking) from physicians increase smoking cessation rates per year by about:
 - a) 0%
 - b) 2%
 - c) 5%
 - d) 10%

Smoking cessation rates is ~2-3%/year at baseline. The addition of simple advice to stop smoking from doctors can increase the cessation rate by 1-3%/year more. That might not seem like a lot, but the intervention is small. Additionally, the harms of smoking are frequent and serious. The benefits for Jim are assured as he is suffering from the negative effects of smoking with his COPD.

The effect for the 1-3% can be very impactful.

- 2) Check features of his pulmonary function that inform his COPD diagnosis
 - a) FVC (Predicted 4.10 Lt) = 3.35 Lt (82%)
 - b) FEV1 (predicted 3.20 Lt) = 1.64 Lt (51%)
 - c) FEV1/FVC (predicted 0.76) = 0.49
 - d) FEV1 Bronchodilator response = 7% improvement

There are different algorithms to review Pulmonary Function Tests but

- a) His FVC is >80% (Jim's was 82%): suggests no meaningful Restriction [conditions like interstitial lung disease or obesity]
- b) FEV1 (51%) contributes to the next two & can classify the severity COPD.
- c) FEV1/FVC if <0.7 indicates COPD and Obstruction in airflow: Jim's was 0.49.
- d) 7% FEV1 Bronchodilator response indicates a lack of airway response [Airway response is improvement of FEV1 or FVC of $\geq 12\%$ and 200ml]

COPD Severity based on FEV1: 50-79%=moderate; 30-49% = severe; <30% very severe

If Total Lung Capacity is less than the lower limit of normal (<80% normal), there is restriction (alone or added to obstruction)

- 3) His long-acting puffer is a LAMA/LABA combo: glycopyrronium/indacaterol (50mcg/110mcg) 1 inhalation/day. This is a reasonable choice clinically,...
 - a) True
 - b) False

Plan:

James tells you he is still working & has coverage

Renew glycopyrronium/indacaterol (50mcg/110mcg) 1 inhalation perday x1 year.

He also asks for a renewal of Ventolin prn for worsening symptoms.

You discuss a script of antibiotics/prednisone for early treatment of flares but decide not to. Jim feels he can call if needed and he has not had more than 1 exacerbation per year.

You encourage smoking cessation again.

References & Links:

Smoking advice: Cochrane Database Syst Rev. 2013 May 31;2013(5):CD000165. Pulmonary Function Tests: Neumeier A. Interpretation of pulmonary function tests (PFTs).

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