

COPD Guidelines 2018

- Ensure correct diagnosis- appropriate history and confirmatory spirometry.
- The three most cost- effective treatments for COPD are: **Annual Influenza Vaccination, Smoking Cessation & Pulmonary Rehabilitation**. All three should be offered to COPD patients.
- First line options should be chosen where possible, but please note that choice of inhaler device will depend on patient specific factors

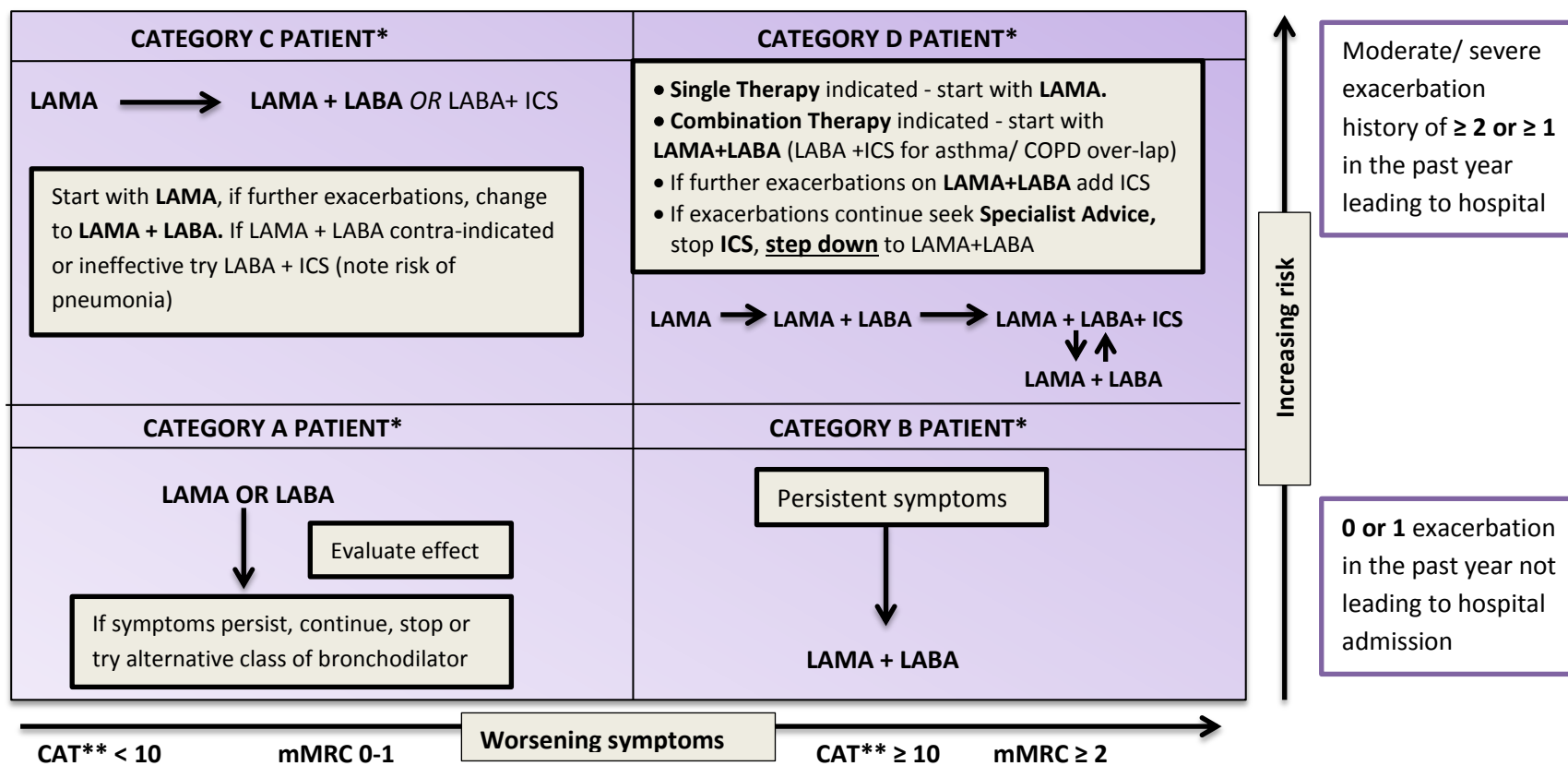
GOLD Stages 2018 (1-4)

- 1: **Mild** $FEV_1 \geq 80\%$ predicted
- 2: **Moderate** $50\% \leq FEV_1 < 80\%$ predicted.
- 3: **Severe** $30\% \leq FEV_1 < 50\%$ predicted
- 4: **Very Severe** $FEV_1 < 30\%$ predicted

*=At each stage **review diagnosis**; **SABAs** can be added on a **PRN basis** if appropriate.













CAT**= COPD Assessment Test

mMRC= Modified British Medical Research Council



- Patients must be given options and flexibility when choosing appropriate inhaler
- Assess inhaler technique before starting treatment and regularly throughout treatment
- Choose first line options if suitable and meets all of the requirements of the patient

Note: Patients currently stable on their inhaler regimes should remain on them & not be switched

Inhaler Options	Powder			Particle
SABA options	Easyhaler Salbutamol 200 mcg one puff PRN Maximum Dose: 800mcg/24hrs			Salbutamol MDI 100mcg 2 puffs PRN (1st Line) OR Salbutamol Easi-Breathe 100mcg 2 puffs PRN
LAMA Options	Incruse Ellipta (1st Line) One puff once daily (Umeclidinium 55mcg OD) ▼ 	Seebri Breezhaler Inhale content of 1 capsule once daily (Glycopyrronium 44mcg OD) ▼ 	Eklira Genuair one puff twice daily (Acclidinium 322mcg BD) ▼ 	Spiriva Respimat Two puffs Once daily (Tiotropium 2.5mcg 2 puffs OD) 
LAMA/LABA Options	Anoro Ellipta 55/22 (1st line) One puff once daily ▼  (Umeclidinium 55mcg/ Vilanterol 22mcg OD)	Ultibro Breezhaler 85/43 Inhale content of 1 capsule once daily  (Indacaterol 85mcg/Glycopyrronium 43mcg OD) ▼	Duaklir Genuair 340/12 One puff twice daily  (Aclidinium 340mcg/Formoterol 12mcg BD) ▼	Spiolto Respimat  (Tiotropium 2.5mcg/Olodaterol 2.5mcg) Two puffs once daily ▼
LABA/ICS Options	Relvar Ellipta 92/22 (1st Line) One puff once daily  (Fluticasone 92mcg/ Vilanterol 22mcg OD) ▼	DuoResp (Budesonide/ Formoterol): 2 Strengths- dose in micrograms (mcg)  160/4.5 (dose: Two puffs twice daily) OR 320/9 (dose: One puff twice daily)	Fostair NEXThaler (dose in mcg)  (Beclometasone/Formoterol 100/6) Two puffs twice daily	Fostair (dose in mcg)  (Beclometasone/Formoterol 100/6) Two puffs twice daily
LABA/LAMA/ICS	Trelegy Ellipta (92mcg Fluticasone/55 mcg Umeclidinium/ 22mcg Vilanterol OD) One puff once daily ▼		***Trelegy and Trimbow should not be used until LABA/LAMA has been evaluated***	Trimbow (87mcg Beclometasone/5mcg Formoterol/9mcg Glycopyrronium) Two puffs twice daily