

# GOLD NUGGETS

GLOBAL INITIATIVE FOR CHRONIC  
OBSTRUCTIVE  
LUNG  
DISEASE

## ADVANCED EHEALTH FOR COPD

SPONSORED BY THE CANCER, CARDIOVASCULAR DISEASE  
AND PULMONARY DISEASE PROGRAM AT COLORADO  
DEPARTMENT OF PUBLIC HEALTH AND ENVIRONMENT AND  
THE UNIVERSITY OF COLORADO HOSPITAL

August-September 2007

University of Colorado Hospital, COPD eHealth

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### VISIT OUR WEBSITE

[www.copdehealth.org](http://www.copdehealth.org)

*The enrollment phase of the COPD  
eHealth Program is now complete.*

*Thank you for referring your patients to  
the Program!*

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**Is your office prepared for the flu season? Take time to be sure the vaccine is on its way or already in stock and your staff is aware of the benefits of it for your patients.**

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## COPD eHEALTH PROGRAM UPDATE

*R. William Vandivier, MD*



**THANK YOU FOR YOUR REFERRALS!** The program enrolled 509 participants in over 30 counties in Colorado. We believe it is one of the largest groups of COPD patients involved in telemedicine/eHealth. Participants are being followed for nine months. Monitoring of the final enrollees will continue through May 2008.

*What are some of the key issues we are learning while enrolling people? **Oxygenation:** many people are unaware that their oxygen needs may vary between rest, exercise and sleep. **Spirometry:** many participants report never having done spirometry. The CMS Physician Quality Reporting Initiative has listed documentation of spirometry evaluation as one of its quality measures with COPD. **Inhaled bronchodilator medications** with regular use can reduce exacerbations yet are being used sporadically. Another CMS quality indicator is documentation of prescription of inhaled bronchodilators. **Smoking cessation:** a small group of severe COPD patients continue to smoke yet nearly all express interest in quitting. Continuing healthcare provider emphasis on smoking cessation and support with medications is likely to help.*

August-September 2007

**Breathless not Helpless!**



November 14, 2007

**INTERNATIONAL COPD DAY** is approaching: November 14<sup>th</sup>. While we continue to offer free spirometry during our monitoring period, we encourage you to consider some COPD focused activity in your office. We've listed the website to the GOLD ideas below. Our past newsletters with topics and links also follow. *Please contact our office if you would like to work together on a COPD awareness activity for your patients.*

[World COPD Day Website](#)



**TWO FACTORS THAT INCREASE SURVIVAL IN COPD**



### Publications of COPD eHealth Newsletter

- [October 2006 - Diagnosis of COPD](#)
- [November 2006 - Managing Stable COPD](#)
- [December 2006 - Oxygen Therapy](#)
- [January 2007 - Exacerbation What is it - Can Pulmonary Rehab help](#)
- [February 2007 - Antibiotic Discussion](#)
- [March 2007 - What is Spirometry & Why We Should Do It](#)
- [April 2007 - Patient Education](#)
- [May/June 2007 - Results of the TORCH Trial](#)
- [July 2007 - Special Consideration for Patients with COPD Undergoing Surgery; Lung Volume Reduction Surgery & Lung Transplantation](#)

**NEXT TIME...**plans for COPD Day  
send in your ideas too!