

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

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University of Colorado Hospital, COPD eHealth

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DON'T FORGET TO VISIT OUR WEBSITE

www.copdehealth.org

REFER YOUR COPD
PATIENTS TO
COPD EHEALTH

Enrollment Deadline - June, 2007

Only **3** months remaining!

WHAT IS SPIROMETRY?

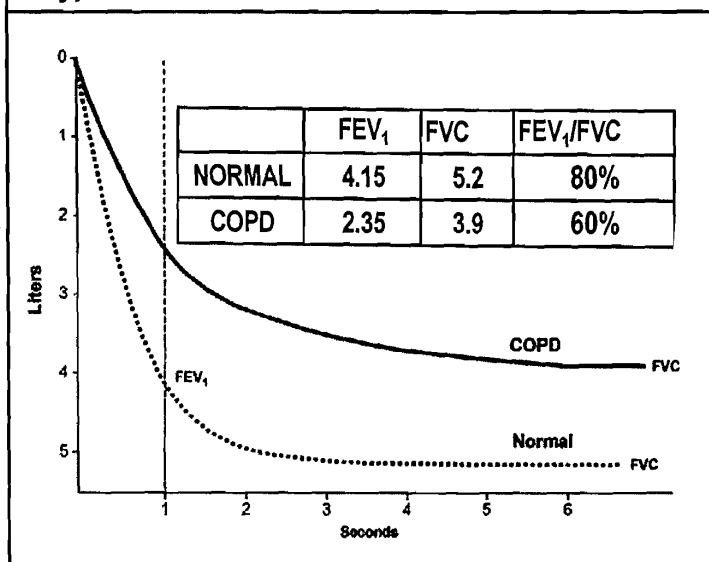
Spirometry is a simple test that measures the amount of air a person can breathe out and the time to do it. The measurements are used for the diagnosis of COPD. Look for COPD in patients who have:

- Significant exposure history
- Persistent or progressive dyspnea
- Chronic cough or sputum production

WHY SHOULD WE DO IT?

- Needed to make a firm diagnosis of COPD
- With the presence of symptoms it helps stage severity of COPD and guide treatment.
- The lower the percentage predicted FEV₁, the worse the subsequent prognosis.
- A normal value for spirometry effectively excludes the diagnosis of clinically significant COPD, except in a small percentage of patients with emphysema.
- Distinguish COPD from asthma by determining if a bronchodilator improves FEV₁.

Figure 5.1-5. Normal Spirogram and Spirogram Typical of Patients with Mild to Moderate COPD*



*Postbronchodilator FEV₁ is recommended for the diagnosis and assessment of severity of COPD.

- **FVC** – forced vital capacity – the maximum amount of air that can be exhaled during a forced maneuver.
- **FEV₁** – forced expiratory volume in 1 second- volume expired in the first second of maximal expiration after maximal inspiration. This measures how quickly the lungs can be emptied.
- **FEV₁/FVC** – FEV₁ expressed as a percentage of FVC gives a clinically useful measurement of airflow limitation. A value <70% gives an indication of airflow limitation and the likelihood of COPD.

Figure 1-2. Spirometric Classification of COPD Severity Based on Post-Bronchodilator FEV₁

Stage I: Mild	FEV ₁ /FVC < 0.70 FEV ₁ ≥ 80% predicted
Stage II: Moderate	FEV ₁ /FVC < 0.70 50% ≤ FEV ₁ < 80% predicted
Stage III: Severe	FEV ₁ /FVC < 0.70 30% ≤ FEV ₁ < 50% predicted
Stage IV: Very Severe	FEV ₁ /FVC < 0.70 FEV ₁ < 30% predicted or FEV ₁ < 50% predicted plus chronic respiratory failure



Please contact our COPD eHealth office @ 303-372-8378 if you would like payer codes for Spirometry.

Next Month.....
Patient Education