Answering the Call: Practical Strategies for Improving Earlier Diagnosis and Patient-Centered Management in Primary Care

Tweetorial #2: Nonpharmacologic COPD Management, Patient Support, & Patient Education

Tweet 4

Román-Rodríguez M, Kocks JWH. Targeting exertional breathlessness to improve physical activity: the role of primary care. *NPJ Prim Care Respir Med*. 2021;31:41. doi:10.1038/s41533-021-00254-8

Tweet 6

McEwen A, Hakej P, McRobbie H, West R. *Manual for Smoking Cessation: A Guide for Counselors and Practitioners*. Blackwell: 2006.

Tweet 7

IPCRG Desktop Helper. Helping patients to quit tobacco – 3rd edition. May 2019. Accessed March 2022. https://www.ipcrg.org/desktophelpers/desktop-helper-no-4-helping-patients-quit-tobacco-3rd-edition

van Schayck OCP, Pinnock H, Ostrem A, et al. IPCRG consensus statement: tackling the smoking epidemic–practical guidance for primary care. *Prim Care Respir J*. 2008;17:185-193. doi:10.3132/pcrj.2008.00060

Tweet 10

IPCRG Position Paper. Pulmonary rehabilitation (PR) helps people breathe better, feel good, and do more: why you should invest in PR for your population. March 2018. Accessed March 2022. https://www.ipcrg.org/sites/ipcrg/files/content/attachments/2020-02 19/IPCRG_PP4_Pulmonary_rehabilitation.pdf

Tweet 12

IPCRG Position Paper. Pulmonary rehabilitation (PR) helps people breathe better, feel good, and do more: why you should invest in PR for your population. March 2018. Accessed March 2022. https://www.ipcrg.org/sites/ipcrg/files/content/attachments/2020-02 19/IPCRG_PP4_Pulmonary_rehabilitation.pdf

Tweet 13

Anderson L, et al. Managing malnutrition in COPD including a pathway for the appropriate use of ONS to support community healthcare professionals. January 2020. Accessed March 2022. https://www.bapen.org.uk/pdfs/copd-guidance/copd-managing-malnutrition-brochure.pdf

Tweet 14

Pumar MI, Gray CR, Walsh JR, Yang IA, Rolls TA, Ward DL. Anxiety and depression-important psychological comorbidities of COPD. *J Thorac Dis*. 2014;6(11):1615-1631. doi:10.3978/j.issn.2072-1439.2014.09.28

Tweet 15

Pumar MI, Gray CR, Walsh JR, Yang IA, Rolls TA, Ward DL. Anxiety and depression-important psychological comorbidities of COPD. *J Thorac Dis*. 2014;6(11):1615-1631. doi:10.3978/j.issn.2072-1439.2014.09.28

Tweet 16

Global Initiative for Chronic Obstructive Lung Disease. 2022 GOLD reports. Accessed June 2022. https://goldcopd.org/2022-gold-reports-2/

Yohannes AM, Kaplan A, Hanania NA. Anxiety and depression in chronic obstructive pulmonary disease: recognition and management. *Cleve Clin J Med.* 2018;85(2 suppl 1):S11-S18. doi:10.3949/ccjm.85.s1.03

Tweet 17

Global Initiative for Chronic Obstructive Lung Disease. 2022 GOLD reports. Accessed June 2022. https://goldcopd.org/2022-gold-reports-2/

Yohannes AM, Kaplan A, Hanania NA. Anxiety and depression in chronic obstructive pulmonary disease: recognition and management. *Cleve Clin J Med.* 2018;85(2 suppl 1):S11-S18. doi:10.3949/ccjm.85.s1.03

Tweet 18

British Lung Foundation. Your COPD self-management plan. February 2021. Accessed June 2022. https://www.blf.org.uk/sites/default/files/COPD_self-management_plan_2021_V3_interactive.pdf

Newham JJ, Presseau J, Heslop-Marshall K, et al. Features of self-management interventions for people with COPD associated with improved health-related quality of life and reduced emergency department visits: a systematic review and meta-analysis. *Int J Chron Obstruct Pulmon Dis.* 2017;12:1705-1720. doi:10.2147/COPD.S133317

Glossary

BMI, body mass index

CAT, COPD Assessment Test

COPD, chronic obstructive pulmonary disease

EIH, exercise-induced hypoxemia

GAD-2/7, Generalized Anxiety Disorder 2-item/7-item scale

GOLD, Global Initiative for Chronic Obstructive Lung Disease

HADS, Hospital Anxiety and Depression Scale

HCP, healthcare provider

HRQOL, health-related quality of life

h, hour

IBT, intensive behavioral therapy

IPCRG, International Primary Care Respiratory Group

LT, long term

m, month

Mgmt, management

mMRC, modified Medical Research Council score

MRC, Medical Research Council score

MUST, Malnutrition Universal Screening Tool

NPPV, noninvasive positive pressure ventilation

ONS, oral nutritional supplements

PaCO₂, partial pressure of carbon dioxide

PCP, primary care provider

PHQ, Patient Health Questionnaire

PR, pulmonary rehabilitation

pts, patients

qd, once per day

qm, once per month

QOL, quality of life

Rx, prescription

SSM, supported self-management

NRT, nicotine replacement therapy

Tx, treatment/therapy

w, week

w/, with

WHO, World Health Organization