

Top Ten Tips

COPD Patient Consultation

1. Confirm you have the correct diagnosis
2. Investigate
 - Post bronchodilator spirometry
 - Pulse Oximetry
 - BMI
 - CXR as a baseline
3. What is the presenting symptom, and ask about previous symptoms
 - When did it come on?
 - What makes it worse / better?
4. What is the person's history?
 - Exposure to noxious substances
 - Pets
 - Smoking history and is there any willingness to think about stopping - Ask Advise Act
5. Assess functional status and quality of life
 - MRC score
 - HADs score
 - Cat score
 - Stair climbing
6. Examination – look, listen, feel
 - Respiratory Rate
 - Breathing pattern
 - Hyperventilation
 - Clubbing
 - Chest sounds - Palpation, percussion and auscultation
7. Discuss lifestyle, education, beliefs and self management
8. Check treatment adherence
 - Have you checked pick up rates from prescriptions?
 - Does the patient know what medication to take, and when?
9. Check inhaler technique at every opportunity
10. Arrange regular reviews



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