



**PBSGL**  
**NHS Education for Scotland**  
**Centre for Health Science**  
**Old Perth Road**  
**Inverness IV2 3JH**  
**Tel: 01463 255712**  
**Fax: 01463 255736**  
**PBSGLadministrator@nes.scot.nhs.uk**  
<http://www.cpdconnect.nhs.scot/pbsgl/>



 @CPDConnect  
 /CPDConnect

# COPD

## INTRODUCTION

Around 900,000 people in the UK have Chronic Obstructive Pulmonary Disease (COPD)<sup>1</sup>.

The Global Burden of Disease Study projected that COPD will become the third-leading cause of death worldwide by 2020. This increased mortality is driven mainly by tobacco smoking, reduced mortality from other common causes of death, and aging of the world population<sup>2</sup>.

COPD is largely preventable, as smoking is the single most important cause of airflow obstruction. It is also treatable. However, as many as two million people in the UK may have the disease but are undiagnosed, and most patients are not diagnosed until they are in their 50s, by which time they often have advanced disease<sup>1</sup>.

The economic cost of treating COPD is high and is increasing. The total cost of treating COPD in Scotland was £159m in 2011, projected to rise to £207m in 2030<sup>3</sup>. Unsurprisingly, the cost increases with severity of disease, and most of the cost is from treating exacerbations.

This module will cover:

- the differential diagnoses, including COPD, of patients presenting with respiratory symptoms
- the diagnosis and staging of COPD using spirometry
- Asthma COPD Overlap Syndrome (ACOS)
- management options in patients with stable COPD, including which inhalers to use
- assessment at routine reviews
- management of patients with exacerbations of COPD
- palliative care issues in COPD patients.