

## Improving Early Diagnosis and Intervention of COPD in Primary Care

Kimberly Shelton DNP, MSN, FNP-BC, CDE, Diane Y. John PhD, ARNP, FNP-BC  
 Sally A. Weiss PhD, RN, CNE, ANEF

### Purpose

To educate PCPs about the **prevalence of COPD** and the importance of **early detection** in the primary care setting.

### Problem

**Primary Care Providers lack the knowledge** necessary to effectively **diagnose COPD** in the **early stages** and don't fully understand the importance of early diagnosis and interventions that might **slow the disease**.

**PCPs require additional knowledge** to effectively **diagnose** the disease in the **early stages** and the importance of early diagnosis and interventions to **slow disease progression**.

### Background



- Estimated 15 million Americans affected
- **COPD** is a leading cause of morbidity and mortality.
- Third leading cause of death in the United States
- **Economic Burden** 2010 estimated cost \$53.8 billion.
- The only chronic disease increasing yearly
- **PCPs** are essential to changing the course of this disease
- **COPD** is often overlooked and undiagnosed in primary care.
- **Optimal quality of life** achieved through effective early diagnosis.

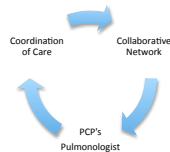
### Defining COPD

- Common and preventable disease
- Characterized by persistent airflow limitation
- Increased airway inflammatory response
- Exacerbations and Comorbidities contribute to disease severity
- Usually progressive

### Current Practice – COPD

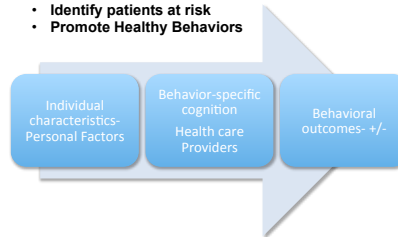
47.3% - managed by primary care  
 9% - managed by pulmonology  
 41.1% of - co-managed by primary care and pulmonology  
 Shortage of pulmonologists restricts patient access

### \*\*\*\*Collaborative Model\*\*\*\*



### Theoretical Framework

- **Health Promotion Model (HPM)**
- Nola Pender developed in 1982; revised 1996
- **Identify patients at risk**
- **Promote Healthy Behaviors**



### Education Module

#### Objectives

- Increase the primary care provider's understanding of the prevalence of COPD.
- Increase the primary care provider's knowledge of warning signs and risk factors commonly associated with COPD.
- Improve the primary care provider's confidence and ability to recognize COPD in the primary care setting.

#### Content

- Best evidence
  - **GOLD Guidelines**
  - **NICE Guidelines**
  - **Up to Date**
- **Pre/Post questionnaire**
- **Course Evaluation**

### Expected Health Outcomes

- Improved early diagnosis and intervention for the patient who has COPD
- Reduced hospitalizations and re-admissions
- Enhanced medication management
- Optimal quality of life
- Reduction in mortality

### References

- Adams, S. G., Pitts, J., Wynne, J., Yawn, B. P., Diamond, E. J., Lee, S., & ... Hanania, N. A. (2012). Effect of a primary care continuing education program on clinical practice of chronic obstructive pulmonary disease: translating theory into practice. *Mayo Clinic Proceedings*, 87(9), 862-870. doi:10.1016/j.mayocp.2012.02.028
- Global Initiative for Diagnosis, Management, and Prevention of COPD. (2014). Global Initiative for Chronic Obstructive Lung Disease. Retrieved from <http://www.goldcopd.org>
- Rennard, S., Thomashow, B., Crapo, J., Yawn, B., McIvor, A., Cerreta, S., et al. (2013). Introducing the COPD foundation guide for diagnosis and management of COPD, recommendations of the COPD foundation. *Copd*, 10(3), 378-389.