

Title Slide

Chronic Obstructive Pulmonary Disease (COPD): Diagnosis, Assessment, Management and Prevention in the UK
Audience: Public Health Practitioners

Overview

Definition, symptoms, causes, prevalence, burden, diagnosis, treatment, comorbidities, prevention and personalised care.

Definition

COPD is a progressive long-term respiratory condition involving irreversible airflow limitation, including chronic bronchitis and emphysema.

Symptoms & Aetiology

Symptoms: breathlessness, chronic cough, sputum production.
Aetiology: smoking, pollutants, occupational exposure, genetics.

Prevalence

UK: ~1.3 million diagnosed; up to 2 million undiagnosed.
Global: 3rd leading cause of death according to WHO.

Burden

Economic: ~£1.9bn yearly NHS cost.
Social: reduced functional ability, caregiver stress, productivity loss.

Diagnosis

Spirometry (FEV1/FVC < 0.7), imaging to exclude differentials, CAT test, MRC dyspnoea scale, exposure and smoking history.

Management

NICE NG115: education, smoking cessation, pulmonary rehabilitation, inhalers, oxygen therapy, community respiratory teams.

Treatment

Bronchodilators, ICS, LABA/LAMA, rescue medications, antibiotics for infections, oxygen therapy, lung surgery for selected cases.

Comorbidities

Include cardiovascular disease, diabetes, anxiety, depression, lung cancer, osteoporosis, and frailty.

Prevention

Smoking cessation services, clean air policies, early detection, vaccinations, pulmonary rehabilitation.

Co-productive Care

Empathy, communication, shared decision making, cultural competence, multidisciplinary teamwork.

Personalised Care Model

Shared decisions, personalised plans, self-management, informed choice, social prescribing, personal health budgets.

Conclusion

COPD remains a major public health challenge; improved prevention, early detection and personalised care pathways can enhance outcomes.

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