

Recognised cause?
Symptoms consistent
with COPD?
Post bronchodilator
FEV₁/FVC < 0.7 OR < LLN



With asthma

**Predominant
Breathlessness**

BLOOD EOSINOPHILS

< 100 cells/µl

≥ 300 cells/µl

≥ 2 moderate exacerbations
OR ≥ 1 hospitalisation
in last 12 months

Initial treatment

Follow-up treatment



Self-management plan



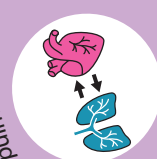
Healthy diet &
nutritional support



Treat co-morbidities



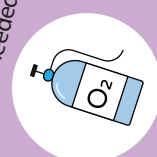
Avoid extreme
weather conditions



Identify and reduce
cardiopulmonary risk



Physical activity &
pulmonary rehabilitation



Oxygen support
when needed



Reduce risk factors



Lung volume reduction



Get recommended
vaccinations

Edition 1.3 to distribute (01/2025). Created and designed by IPCRG. An educational grant from Boehringer Ingelheim enabled IPCRG to develop and test this tool. A grant from AstraZeneca enabled IPCRG to translate and distribute it. For user feedback visit <https://tinyurl.com/copdsurveyen>

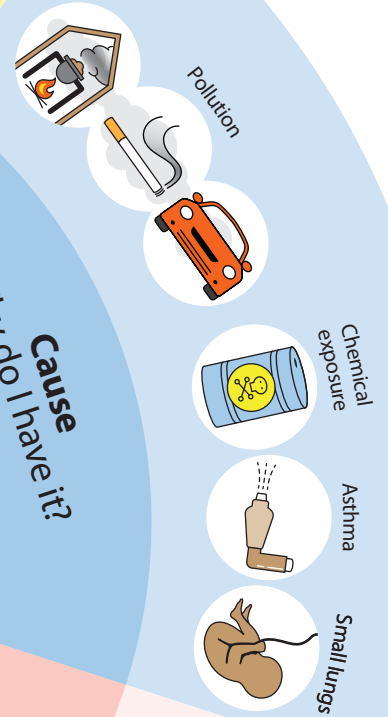
- C** **Chronic** – a long-term health condition that does not go away
- O** **Obstructive** – your airways are narrowed, it's harder to breathe out quickly and air gets trapped in your chest
- P** **Pulmonary** – it affects your lungs
- D** **Disease** – a medical condition

Identity

What is it called?

Cause

Why do I have it?

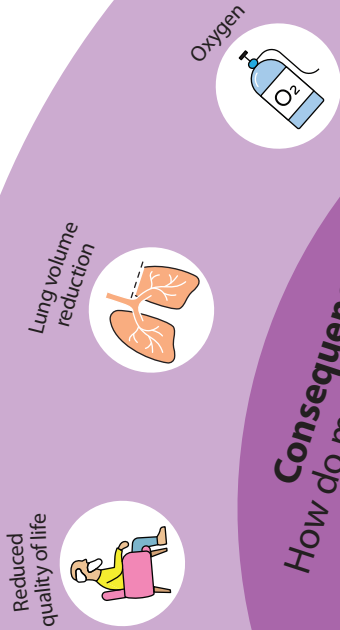


Making sense of COPD

- O** Open questions
- A** Affirmation
- R** Reflection
- S** Summarising

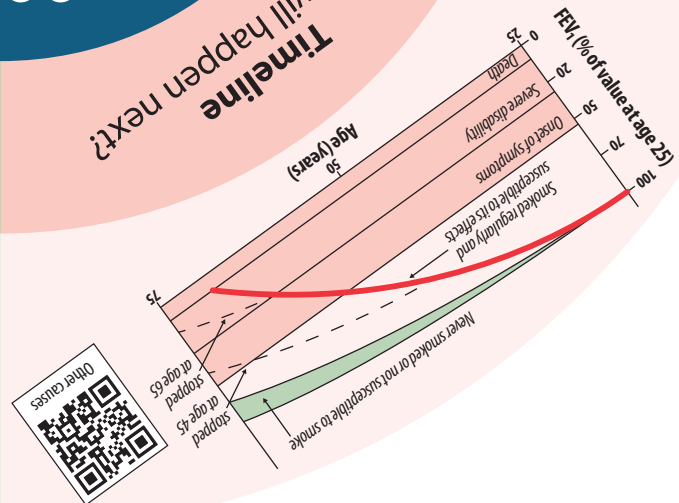
Consequences

How do my choices affect my future?



Timeline

What will happen next?



Cure or treat

What can we do about it?

