

Alliance Working for Antibiotic Resistance Education's Chronic Obstructive Pulmonary Disease (COPD) Initiative

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Education materials on COPD are posted on the
AWARE Project's website, www.aware.md.

Ensuring a State of Optimal Health for All Californians

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Chronic obstructive pulmonary disease is a progressive lung disease associated with increasing breathing difficulties.

The Global Initiative for Chronic Obstructive Lung Disease (GOLD) has developed an evidence-based guideline for COPD diagnosis, management and prevention. Patient and clinician materials are available on the Initiative's website, www.goldcopd.com/guidelinesresources.asp.

Some highlights of the GOLD guideline are:

- Symptoms of COPD include chronic cough, sputum production and dyspnea (shortness of breath) on exercise.
- Cigarette smoking is a major risk factor for COPD.
- Smoking cessation is the most effective intervention to reduce the risk of developing (or slowing the progression of) COPD.
- Spirometry is key to an accurate diagnosis of COPD.
- COPD and asthma are different conditions, where airflow limitations are largely irreversible in COPD, whereas airflow limitations are largely reversible in asthma.
- Co-morbidities of COPD may include heart disease, osteoporosis, malignancies, and musculoskeletal disorders.
- Bronchodilators are key to symptom management of COPD.
- *Influenza* and *Pneumococcal* vaccines are recommended for individuals with COPD.
- Antibiotics are not recommended except for the treatment of infectious exacerbations and other bacterial infections.

This guideline summary describes GOLD recommendations. It is not intended as a substitute for the advice of a physician or other knowledgeable healthcare professional. This guideline represents best clinical practice at the time of publication, but practice standards may change as more knowledge is gained.