

COPD CARE TRACK

Date That Care Track Plan Was Initiated:

Last Name: First Name: Patient ID#:

Gender: Race: DOB: Age:

Address: Phone Number:

City: State: Zip Code:

Alternate Number:

Primary Care Provider:

Address:

City: State: Zip Code:

Care Practitioner Phone Number: Care Practitioner Fax Number:

PATIENT PRESENTATION/PAST MEDICAL HISTORY

Smoking History: Yes No Current Smoker: Yes No Packs Per Day:

Shortness of Breath on Exertion: Yes No Dyspnea: Yes No Wheezing: Yes No

Limited Activities: Yes No Cough: Intermittent Chronic Sputum/Mucus Production: Yes No

Abnormal Lung Sounds: Yes No Acute Exacerbations: Yes No

PULMONOLOGIST FINDINGS

Spirometry Date: Results: FEV₁ L/ % FVC

L % Ratio FEV₁/FVC %

Current Medications:

Allergies:

Patient Information:

Recommended Therapy at Each Stage of COPD

COPD STAGE	FEV ₁	INFLUENZA VACCINATION	SHORT-ACTING BRONCHODILATORS	LONG-ACTING BRONCHODILATORS	INHALED GLUCOCORTICOSTEROIDS
I MILD	FEV ₁ ≥80% of predicted	✓	✓		
II MODERATE	50% ≤ FEV ₁ <80% of predicted	✓	✓	✓	
III SEVERE	30% ≤ FEV ₁ <50% of predicted	✓	✓	✓	✓
IV VERY SEVERE	FEV ₁ <30% of predicted or FEV ₁ <50% of predicted plus chronic respiratory failure	✓	✓	✓	✓

- Important considerations in the diagnosis and treatment of COPD
- Airflow obstruction in COPD is defined as an FEV₁/FVC < 0.70
 - Spirometric readings should be conducted following administration of bronchodilator to accurately diagnose and assess severity
 - Bronchodilator medications are central to the management of COPD
 - They are given on an as-needed basis or on a regular basis
 - Regular treatment with long-acting bronchodilators is more effective and convenient than treatment with short-acting bronchodilators
 - Addition of regular treatment with inhaled glucocorticosteroids is appropriate for symptomatic patients with severe and very severe COPD if repeated exacerbations occur
 - Long-term administration of oxygen (>15 hours/day) to patients with chronic respiratory failure has been shown to increase survival

Reference: Global Initiative for Chronic Obstructive Lung Disease. *Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease*. Updated 2009.

CARE TRACK PLAN

PATIENT CARE OPTIONS	COMMENTS/NOTES
Avoid Irritants	
Exercise	
Pulmonary Rehabilitation	
COPD Education	
Nutrition	
Flu Vaccine	
Pneumonia Vaccine	
Short-Acting Bronchodilators	
One or More Long-Acting Bronchodilators	
Combination LABA/ICS Therapies	
Inhaled Glucocorticosteroids	
Home Health	

Date of Next Visit:

PATIENT EMERGENCY PLAN:

If you experience a sudden increase in shortness of breath, cough, or a change in your sputum color/amount, you may be experiencing an exacerbation of your COPD. It is important to contact your healthcare provider if any of these changes occurs so that he/she can instruct you on how to change your medicines. You may also need to make an appointment for a checkup. If you are experiencing severe distress that is not relieved by your rescue medication, you should call your healthcare provider or emergency medical services right away or go to your nearest Emergency Department.



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