

Identifying Patients at Risk for COPD (chronic obstructive pulmonary disease)

What is COPD?

Chronic lung disease is an ongoing problem that keeps you from breathing normally. Many conditions are considered chronic lung disease, including emphysema, chronic bronchitis, asthma, restrictive lung disease, and cystic fibrosis.

Chronic Obstructive Pulmonary Disease (COPD) is a category of diseases usually caused by smoking. It is an obstruction (blockage) in the airways making breathing harder and can affect gas exchange (oxygen and carbon-dioxide). COPD diseases include:

- Chronic bronchitis - more mucus is produced than normal. Mucus builds up, blocking the airways. The airways may also become inflamed (swollen), so there's less space for air to pass.
- Emphysema - Damaged airways lose their stretchiness (elasticity) and get baggy. They may collapse when you exhale, trapping air in the sacs. This trapped air makes breathing harder. Over time, the air sacs lose their clustered shape. This may mean less oxygen enters the blood vessels.

If you have a chronic lung disease, you probably also have dyspnea—the medical word for “shortness of breath”. You may have even started avoiding certain activities because you're afraid of getting short of breath. This is very common. You'll be glad to know you don't have to live this way anymore.

Questions for COPD Screening

This five-question screen may help you to identify if you are at risk for COPD. To complete the screen, mark an 'X' in the box that best describes your answer for each question

1. During the past 4 weeks, how much of the time did you feel short of breath?

- ◇ None of the time (0)
- ◇ A little of the time (1)
- ◇ Some of the time (1)
- ◇ Most of the time (2)
- ◇ All of the time (2)

2. Do you ever cough up any "stuff", such as mucus or phlegm?

- ◇ No, never (0)
- ◇ Only with occasional colds or chest infections (0)
- ◇ Yes, a few days a month (1)
- ◇ Yes, most days a week (1)
- ◇ Yes, every day (2)

3. Please select the answer that best describes you in the past 12 months:

"I do less than I used to because of my breathing problems."

- ◇ Strongly disagree (0)
- ◇ Disagree (0)
- ◇ Unsure (0)
- ◇ Agree (1)
- ◇ Strongly agree (2)

4. Have you smoked at least 100 cigarettes in your ENTIRE LIFE?

- ◇ No (0)
- ◇ Yes (2)
- ◇ Don't know (0)

5. How old are you?

- ◇ Age 35 to 49 (0)
- ◇ Age 50 to 59 (1)
- ◇ Age 60 to 69 (2)
- ◇ Age 70+ (2)

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How to score your Screening: In the spaces below, write the number that is next to your answer for each of the questions. Add the numbers for a total score. The total score can range from 0 to 10.

_____ + _____ + _____ + _____ + _____ = _____
(#1) (#2) (#3) (#4) (#5) TOTAL SCORE

If your total score is between 0 and 4, and you experience problems with your breathing, please share this survey with your doctor or healthcare provider for help in evaluating any type of breathing problem.

If your total score is 5 or more, your breathing problems may be caused by chronic obstructive pulmonary disease (COPD). COPD is often referred to as chronic bronchitis and/or emphysema and is a serious lung disease that slowly gets worse over time. While COPD cannot be cured, it is treatable.

Please share the completed survey with your doctor or healthcare provider. They can help evaluate your breathing problems by performing a simple breathing test, also known as spirometry.

To confirm a diagnosis of chronic lung disease, your doctor will ask about your symptoms and do a physical exam. Tests then may be ordered to find out more about your lungs, such as:

- **Pulmonary function tests** - measures the flow of air into and out of your lungs, and the volume of air your lungs can hold.
- **Pulse oximetry** - shows how much oxygen is in your blood (oxygen saturation); this may be done at rest, as well as during and after exercise.
- **Arterial blood gas tests** - measure levels of oxygen and carbon dioxide in your blood.
- **Chest x-rays** - show the size and shape of our lungs; they can also show certain problems in the lungs.
- **CT (computed tomography) scans** - produce images of the lungs that are more detailed than x-rays.

Based on your doctor's findings, a treatment plan is developed just for you, including a Pulmonary Rehabilitation program.

Pulmonary Rehabilitation (rehab) is a program that will teach you to live and breathe better with chronic lung disease. The program is run by a team of medical professionals—doctors, nurses, and respiratory therapists—who are specially trained to treat people with lung disease. Other team members may also be included such as physical and occupational therapists, a dietitian and pharmacist. With the team's help, you'll learn about your condition and gain skills to help you manage it, helping to ease your concerns and fears and helping you to set goals for living with the disease.

For more information, call the Cardio Pulmonary Services Department at 906.293.9281.

Cardio Pulmonary Services available at HNJB:

- Pulmonary Function Testing
- Pulmonary Rehab Services
- Free Asthma Education Information
- Free Smoking Cessation Information

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