COPD X Guidelines

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HRT 1520 Innovations Workshops and Awards
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COPD – X Guidelines

Key problem:
To support evidence based management of COPD.

Aim of Innovation:
Knowledge translation

Current situation:
The COPD-X Plan is the Australian and New Zealand management guidelines for Chronic Obstructive Pulmonary Disease. It has been developed jointly by The Thoracic Society of Australia and New Zealand and Lung Foundation Australia. It is updated quarterly, making it one of the most current disease-specific guidelines.
The facts just don’t add up….

• COPD is a lung disease that affects 14.5%, or one in seven Australians aged 40 or over. This figure increases to 29.2% in Australians aged 75 or over (1).

• A single hospital admission for COPD without any other complications is around $5,500 (2). COPD is the second leading cause of avoidable hospital admission in Australia (3).

• COPD does not appear in the top ten most frequently managed chronic conditions and risk factors in primary care in Australia (4).

• COPD is preventable and treatable. While there is currently no cure for COPD, there are things people can do to breathe easier, keep out of hospital and improve their quality of life (5).

• Pulmonary rehabilitation reduces hospital admissions and average length of stay, with the numbers needed to treat (NNT) with pulmonary rehabilitation to avoid one hospital admission just four (6).
The origins of the COPD-X guidelines

• These guidelines are the outcome of a joint project of the Thoracic Society of Australia and New Zealand and Lung Foundation Australia. The guidelines aim to:
  – effect changes in clinical practice based on sound evidence; and
  – shift the emphasis from a predominant reliance on pharmacological treatment of COPD to a range of interventions which include patient education, self-management of exacerbations and pulmonary rehabilitation.

• These guidelines deal mainly with the management of established disease and exacerbations.

• The prime evidence base is systematic reviews and meta-analyses from the Cochrane Database.

• The Steering Committee then resolved to establish a COPD Guidelines Implementation Committee and a Guidelines Evaluation Committee.
• **C**: Case finding and confirm diagnosis
• **O**: Optimise function
• **P**: Prevent deterioration
• **D**: Develop a plan of care
• **X**: Manage eXacerbations
COPD X Usability (continued)

2015 COPD-X Website Analytics

- Average 6000 sessions per month
- Over 60,000 sessions YTD
Knowledge translation

The Overview Page provides a quick snapshot of the content. Click on the bullet point to be linked directly to that specific section.

Recommendations are highlighted within these boxes. All recommendations are graded on quality of evidence and strength of recommendation. Use Guide: The following legend should be referenced.

Hyptelinks to further information have been embedded within the page content. Guide your mouse/cursor over the content to reveal these links. Your course will change to a "pointed finger" when hovering over active links.

Want to search for a word? Press Ctrl-F will reveal this search box. Use left and right arrows to find all places that this word can be found within the document.

Every page links back to the Overview page - click here to activate this link.

Useful tips for implementation of the guidelines

Bookmarks for page navigation
Knowledge translation (cont)

**Stepwise Management of Stable COPD**
Single page translation of the non-pharmacological and pharmacological therapies across the disease severities. New table to guide addition of therapies on the reverse!

**Action Plan (with Instructions)**
This action plan is for completion by the clinician in consultation with the patient. It helps the patient recognise when their symptoms worsen and what action they need to take to manage them.

**Exacerbation Algorithm**
Algorithm - Managing COPD Exacerbations in Primary Care. This algorithm provides health professionals with clear step-by-step instructions on how to manage COPD exacerbations and identifies when to refer to hospital.

**Primary Care Respiratory Toolkit**
This is an online decision support tool, specially developed to summarise COPD-X Guidelines, including a spirometry calculator and lung age estimator. This supports primary care practitioners in diagnosis and management of COPD.
Key Outcomes

- PR Guidelines development
- MBS item number application

We need your help!

Help us ensure pulmonary rehabilitation is available to more Australians with chronic lung disease.

Submissions close 13 November 2015

CLICK HERE TO FIND OUT MORE
Lessons Learnt

✓ Require robust governance structure

✓ Skilled guidelines committee

✓ If you build it, they will come....slowly

✓ Integrate, integrate, integrate
Contact for this Innovation

LUNG FOUNDATION
AUSTRALIA

“When you can’t breathe... nothing else matters”®

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References


