COPD case finding - pharmacy

Chronic Obstructive Pulmonary Disease (COPD) affects one in seven people over the age of 40 in Australia. COPD screening devices are painless, easy-to-use devices used to identify those at risk of COPD.

1. Patient information

Date: ________________  Patient name / identifier: __________________________

Date of Birth: ______________ Gender (circle one): M / F  Height: __________ cm

2. Identifying people eligible for test with COPD screening device

People being assessed for possible COPD should:
- be 35 years of age or older and have no previous diagnosis of COPD.
- AND
- Say yes to at least one of the following:
  - Smoker or ex-smoker
  - Work or worked in a job with exposure to dust, gas or fumes
  - Cough several times most days
  - Cough up phlegm or mucus most days
  - Get out of breath more easily than others of a similar age
  - Experience chest tightness or wheeze
  - Have frequent chest infections

Eligible for test: if the patients is 35 years or older, has no previous diagnosis of COPD, and a symptom/risk factor - check for contraindications. A test with a COPD screening device should be considered today as long as there are no contraindications, such as:

Within the last 8 weeks had:
- Abdominal, thoracic or eye surgery
- Heart attack or chest pain
- Collapsed lung (pneumothorax)

In the last 6 weeks had:
- Lung infection (e.g. pneumonia, tuberculosis)

Currently:
- Coughing up blood (haemoptysis)
- Increased risk of fainting (syncope)
- Nausea or vomiting
- Have an intracranial aneurysm

Note: If coughing up blood (haemoptysis), refer immediately to the emergency department.
3. **Perform test using PiKo-6, COPD-6 or Air Smart Spirometer**

Tests should be performed 3 times to ensure there is acceptable repeatability.

4. **Record test results**

Take care to enter the correct value into the correct column for the PiKo-6 and COPD-6.

<table>
<thead>
<tr>
<th></th>
<th>FEV₁</th>
<th>FEV₆</th>
<th>FEV₁/FEV₆</th>
<th>Best Result – indicate with X</th>
</tr>
</thead>
<tbody>
<tr>
<td>Test 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Test 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Test 3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Air Smart Spirometer results will appear on your smartphone and can be emailed. Alternatively record results in table below.

<table>
<thead>
<tr>
<th></th>
<th>FEV₁</th>
<th>FVC</th>
<th>FEV₁/FVC</th>
<th>Best Result – indicate with X</th>
</tr>
</thead>
<tbody>
<tr>
<td>Test 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Test 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Test 3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

5. **Interpreting results – PiKo-6 and COPD-6**

Note: with COPD-6, the FEV₁/FEV₆ ratio more important than colour zone

<table>
<thead>
<tr>
<th>Tick</th>
<th>Colour zones</th>
<th>PiKo-6</th>
<th>COPD-6</th>
<th>Recommend</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yellow/Red</td>
<td>Results in yellow or red zone</td>
<td>FEV₁/FEV₆&lt;0.75 FEV₁&lt;80% predicted</td>
<td>Full diagnostic spirometry for Asthma/COPD #</td>
</tr>
<tr>
<td></td>
<td>Green</td>
<td>Results normal but symptoms present</td>
<td>FEV₁/FEV₆&gt;0.75 FEV₁&gt;80% predicted</td>
<td>COPD unlikely, review by GP if symptoms and/or if still smoking</td>
</tr>
</tbody>
</table>

# For people diagnosed with asthma who obtain results in the yellow/red zone, recommend that asthma is reassessed by their doctor.

6. **Interpreting results – Air Smart Spirometer**

- Recommend diagnostic spirometry if FEV₁ is < 80% predicted or FEV₁/FVC is < 0.7 or FVC is < 80% predicted.

Notes:

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**Health Professional Name:**

**Contact Details:**


- Position paper on COPD case finding in the community with algorithm
- Instructional video on conducting a case finding activity
- Instruction sheets on using COPD screening devices

For further information on COPD or other lung diseases, contact Lung Foundation Australia on 1 800 654 301, [enquiries@lungfoundation.com.au](mailto:enquiries@lungfoundation.com.au) or visit [www.lungfoundation.com.au](http://www.lungfoundation.com.au)

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Please consult your family doctor or specialist respiratory physician if you have further questions relating to the information contained in this leaflet. For details of patient support groups in Australia please call 1800 654 301.