COPD Screening in General Practice

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. This form should be used in the community setting to record the results of COPD screening using either the COPD-6 or Piko-6.

1. Patient information

Date: ________________  Patient name / identifier: ________________________

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

2. Identifying patients eligible for COPD screening

Those undertaking COPD screening 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
- Have frequent chest infections

Eligible for screening: if the patients is 35 years or older, has no previous diagnosis of COPD, and a symptom/risk factor - check that contraindications are negative. If the patient has experienced any of the following they may not be eligible to undertake a COPD screening test today.

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
3. **Perform COPD screening test using the Piko-6 or COPD-6**

Tests should be performed 3 times for reproducibility. Training and instruction sheets to support COPD screening using the Piko-6 or COPD-6 are available on-line at www.lungfoundation.com.au

4. **Record screening results**

Take care to enter the correct value into the correct column.

<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>

5. **Interpreting results**

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>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>
<td></td>
</tr>
<tr>
<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>
<td></td>
</tr>
</tbody>
</table>

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

Notes:

For further information on COPD screening in community, see http://www.lungfoundation.com.au/professional-resources/copd-screening-devices-in-the-community:

- Lung Foundation Australia position paper on the use of COPD screening devices
- One page instruction sheet on the use of Piko-6 and COPD-6
- Free on-line training in the use of Piko-6 and COPD-6
- COPD Screening algorithm

For further information on COPD or other lung diseases, contact Lung Foundation Australia on 1 800 654 301, enquiries@lungfoundation.com.au or visit www.lungfoundation.com.au

This brochure is one in a series produced by Lung Foundation Australia to provide information on lung disease, its treatment and related issues. The information published by Lung Foundation Australia is designed to be used as a guide only, is not intended or implied to be a substitute for professional medical treatment and is presented for the sole purpose of disseminating information to reduce lung disease.

Any information relating to medication brand names is correct at the time of printing. Lung Foundation Australia has no control or responsibility for the availability of medications, which may occasionally be discontinued or withdrawn.

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.