

Results Form

COPD Case Finding – 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.

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 patient 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)

Currently:

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

In the last 6 weeks had:

- Lung infection (e.g. pneumonia, tuberculosis)
- Have a rib fracture

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.

	FEV ₁	FEV ₆	FEV ₁ /FEV ₆	Best Result – indicate with X
Test 1				
Test 2				
Test 3				

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

	FEV ₁	FEV ₆	FEV ₁ /FEV ₆	Best Result – indicate with X
Test 1				
Test 2				
Test 3				

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

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

Tick	Colour zones	PiKo-6	COPD-6	Recommend
	Yellow/Red	Results in yellow or red zone	FEV ₁ /FEV ₆ <0.75 FEV ₁ <80% predicted	Full diagnostic spirometry for Asthma/COPD #
	Green	Results normal but symptoms present	FEV ₁ /FEV ₆ >0.75 FEV ₁ >80% predicted	COPD unlikely, review by GP if symptoms and/or if still smoking

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:

Health Professional Name:

Contact Details:

- Instructional videos on conducting a case finding activity are available at <https://lungfoundation.com.au/health-professionals/conditions/copd/diagnosis/>.
- A *Position paper: COPD case finding in community settings* is available at: <https://worldcopdday.lungfoundation.com.au/wp-content/uploads/sites/7/2018/09/COPD-Case-Finding-position-paper.pdf>
- Online training opportunities can be accessed at <https://lungfoundation.com.au/health-professionals/training-and-events/training/>.

For further information on COPD or other lung diseases, contact Lung Foundation Australia on 1800 654 301, enquiries@lungfoundation.com.au or visit www.lungfoundation.com.au