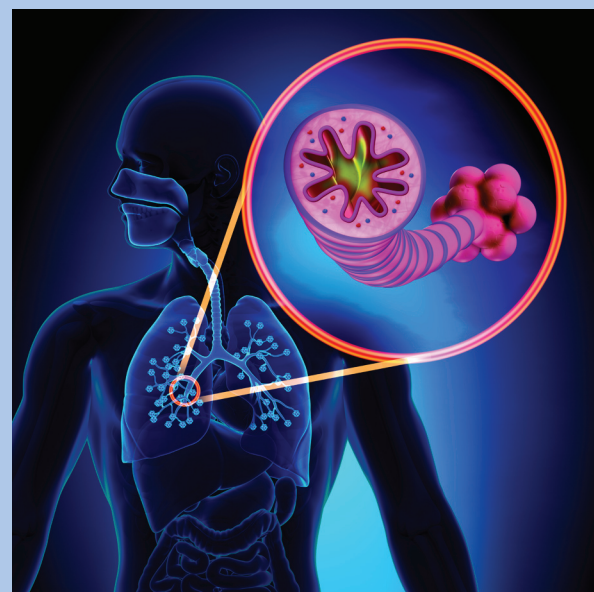


STRATEGIES FOR PREVENTING COPD EXACERBATIONS

A paradigm shift in patient management for COPD is needed that entails moving away from a focus on the acute treatment of exacerbations to achieving and maintaining stable disease by reducing symptoms and the risk of future events.



A Paradigm Shift in Management is Needed: Treat-to-Target

Traditional Care

Acute Treatment of Exacerbations

ADL, activities of daily living; HCRU, healthcare resource utilization; QOL, quality of life



Recommended Care

Achieve & Maintain Stable Disease

↓ Symptoms

↑ QOL
↑ ADL, functioning

↓ Risk of Future Events

↓ HCRU
↓ Risk of death

- COPD exacerbations contribute to an accelerated decline in lung function and increased mortality, as well as a negative impact on quality of life and increased costs
- Holistic management that includes treating COPD-related comorbidities and complications is a key to achieving and maintaining stable disease
- Patient concerns and goals are essential to inform the treatment plan
- Disease control should be assessed at each patient visit using a validated tool
- Treatment should be escalated as needed based on guideline recommendations
- The selection of an inhaler should be individualized based on several factors
- Single inhaler triple therapy offers several advantages over single inhaler dual therapy and separate triple therapy
- Instructional videos provided by the Centers for Disease Control and Prevention and the COPD Foundation are helpful to demonstrate proper inhaler technique
- Proper inhaler technique should be reinforced at each visit