**COPD**

Patients with chronic obstructive pulmonary disease (COPD) are prone to acute respiratory exacerbations, which can develop suddenly or sub-acutely over the course of several days. Exacerbations have a detrimental effect on patients’ health.

The frequency of your review depends on how advanced your COPD is. For people with mild or moderate COPD you will be offered a yearly review but if you feel your symptoms worsening at any stage or an exacerbation please contact the surgery to book a review, even if you have recently had one.

**The following may be assessed/carried out during your COPD review:**

* + Spirometry.
  + Body mass index.
  + Your MRC dyspnoea score.
  + Adequacy of symptom control (breathlessness, exercise tolerance, exacerbation frequency).
  + Any adverse effects of drug treatment.
  + Presence of any complications.
  + Inhaler technique.
  + Need for referral to a respiratory specialist, for pulmonary rehabilitation, or for social services and occupational therapy input.
  + Oxygen saturation using pulse oximetry.
  + The need for referral to a respiratory specialist for assessment for oxygen therapy.
  + The presence of anxiety and/or depression. For more information, see the CKS topics on Generalized anxiety disorder and Depression.