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NICE COPD GUIDELINES 2010

Diagnosing COPD Must have symptoms not just reduced FEV1 [many asymptomatic old people have]

Many immigrants have COPD from open fires even though they have not smoked e.g. Asian women

To differentiate Asthma do series of Peak Flows
Think of Heart failure if breathless without cough

The severity of dyspnoea and frequency of exacerbations does not match the reduction in FEV1

Most patients end up on triple therapy [Tiotropium LABA and ICS]

New PD4 inhibitor Roflumilast preferred as add on instead of Theophylline

Pulmonary rehabilitation is effective