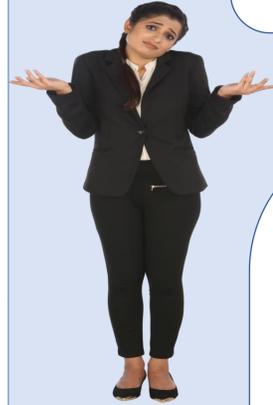


# WORKING TOGETHER TO REDUCE COPD EXACERBATIONS

Currently everybody with COPD is offered an annual review with our experienced nursing team.

We would also like to offer you an interim review, if you have an exacerbation of COPD, to see if there are any options to help control your symptoms and improve your health condition and overall quality of life.

Why do we need to make a change?



COPD is the 3rd leading cause of complex health needs worldwide.

3.4% of our practice population of patients have a COPD diagnosis.

Local, national and worldwide guidance suggests we can help to improve our patients' health condition by reducing the number of exacerbations.

You will be requested to book an appointment with one of our practice nurses 6 weeks post exacerbation. They will discuss your current treatment and see if you need to have your medication regime altered, any lifestyle advice and support or any referrals to specialist services

By working together we are hoping we can reduce the risk of exacerbations and help you manage your condition to provide better health outcomes and improved wellbeing!



Becky Stanfield ACP



REFERENCES: ELMMB (2020), *Guidelines for the management of COPD in primary care (version 9.1)*. Available at <http://www.elmmb.nhs.uk> (accessed August 21<sup>st</sup>, 2021). GOLD (2021), *Global initiative for COPD; pocket guide for COPD diagnosis, management and prevention. A guide for healthcare professionals*. Available at <https://www.goldcopd.com> (accessed August 21<sup>st</sup>, 2021). <http://www.WHO.int/news-room/factsheets/detail/COPD> (accessed 21st August, 2021). <http://statistics-blk.org.uk/COPD> (accessed 21st August, 2021). NHS (2018) *Long-term plan*. Available at <https://www.longtermplan.nhs.uk> (accessed 21<sup>st</sup> August, 2021).