

## Are You Ready for COPD Awareness Month?

COPD Alliance Launches "COPD Prepared" Campaign in October



In mid-October, the COPD Alliance launched a “COPD Prepared” campaign to encourage clinicians to take four easy STEPs to become **COPD Prepared**. The campaign, which coincides with November’s COPD Awareness Month, provides information to clinicians so they can prepare for the increasing number of patients at risk for COPD.

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## The COPD Population Screener: How to Take the First STEP in Becoming "COPD Prepared"

Earlier this year, Kenneth Cohen, MD, Chief Medical Officer at New West Physicians in Colorado, and his associates studied COPD and looked for ways to enhance patient care. They decided to incorporate the **COPD Population Screener™ (COPD-PS)** endorsed by the COPD Alliance, to facilitate the early recognition of COPD in their at-risk patients.

When he learned about the **COPD-PS**, Dr. Cohen and his associates immediately saw its value. Knowing the importance of early intervention with tobacco cessation, they embedded it in the vital signs section of their electronic health records and required at-risk patients to answer the screener questions at every visit.

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## Spirometry an Effective Tool in Primary Care Practice

Primary care and family practice nurse practitioner Dixie Harms, DNP, ARNP, FNP-C, BC-ADM, FAANP, works in a busy Iowa primary care practice and sees a large number of patients weekly. Over the years, she has become more familiar with the risks and effects of COPD and is working diligently to make a difference in the lives of her patients.

Her first step was to seek an effective, validated tool to help identify at-risk patients. When she discovered the **COPD Population Screener™ (COPD-PS)** endorsed by the COPD Alliance, she adopted it into her practice. “I consider using the screener whenever I have a patient who either smokes or works in an occupation that may increase risk factors for lung disease,” Dr. Harms said. “I keep the screener in my office and distribute it to patients, asking them to take a moment to answer the questions. It is a simple assessment tool for early detection of COPD. I was definitely not addressing all the important questions prior to using this screening tool,” she said.

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## ACCP Tobacco Dependence Treatment ToolKit Created to Help Patients and Medical Professionals

In the 10 years since September 11, 2001, tobacco use has been recognized as the number one cause of COPD. In America, tobacco use by men has dropped slightly, while its use by adolescent girls has risen slightly.

In New York City, 15% of first-responder rescue workers from the Fire Department of the City of New York (FDNY) considered themselves to be current smokers at the time the World Trade Centers fell. In the aftermath of this event, 98% of these workers reported acute respiratory symptoms, and 81% expressed health concerns.

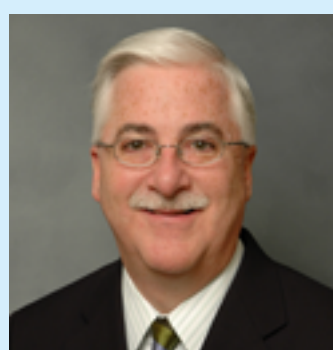
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## Pediatrician Champions Smoke-Free Living

Georgia pediatric pulmonologist and certified tobacco treatment specialist Varada Divgi, MD, is on a mission. Working in the nation’s largest pediatric pulmonary practice, she is on an active crusade for tobacco prevention. She has been campaigning against secondhand smoke since 1982 to make parents understand the impact they have on their children, especially when it relates to cigarette smoking.

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## COPD Alliance Begins COPD Education Programs for Trainees



**Brian Carlin, MD, FCCP**  
Chair, COPD Alliance

September marked the first in a series of interactive COPD education programs for trainees in internal medicine, family practice, and pulmonary /critical care medicine provided by the COPD Alliance. The sessions, which will be piloted at five leading medical residency programs, have been developed to fill an existing gap in residency training programs for COPD, the fourth leading cause of death in the United States.

These informative sessions are designed to provide education in the field of COPD, including recognition of the disease, appropriate steps toward the diagnosis, and management strategies. This will be accomplished through didactic, simulation (including hands-on spirometry instruction and correct use of inhalers), and case-based presentations in a 1-day seminar held at one of five training programs throughout the country.

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## New COPD Resources



### Spirometry Demonstration

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