

# In search of the 'Missing Millions', how we can find them: The findings of Phase 1 of the FRONTIER project; a nurse led one stop COPD diagnostic clinic

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## BACKGROUND

An estimated 3 million people in the UK have Chronic Obstructive Pulmonary Disease (COPD), of which 2 million are undiagnosed. Despite the importance of timely and accurate diagnosis being widely acknowledged, access to diagnostic testing remains problematic. With late diagnosis being associated with increased exacerbations, co-morbidities, and costs, The FRONTIER project has sought to address this unmet need by providing spirometry testing to Lung Cancer Screening (formerly known as Lung Health Check) participants at risk of COPD who missed the opportunity to have spirometry during the COVID19 pandemic.

## AIMS

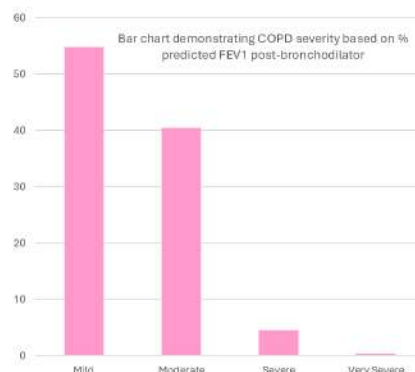
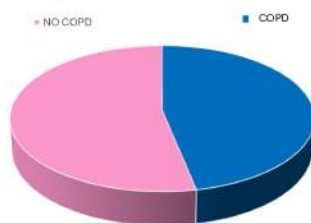
To report COPD diagnosis rate and clinical characteristics of participants attending a one-stop, nurse-led, COPD diagnostic clinic from October 2023 to October 2024.

## METHODS

Lung Cancer Screening participants who reported symptoms and/or had emphysema on low dose CT were invited to a one stop nurse led diagnostic clinic (FRONTIER project). Routinely collected data (pre- and post-bronchodilator spirometry, clinical features and patient reported outcomes) were analysed to determine COPD diagnosis rates, severity and recommended treatment strategies.

## RESULTS

Over 12 months, 819 people (mean [SD] age 68.2 [7.4] years, n (%) 440 (53.7) male), were reviewed and 383 (46.8%) were diagnosed with COPD.



- 50% (n=190) of those diagnosed with COPD were current smokers and 40% accepted referral to specialist stop smoking services.
- 44% (n=169) of those diagnosed were eligible for Pulmonary Rehabilitation and 62% (n=105) consented to referral.
- LABA/LAMA treatment was initiated in 67% (n=258) of those diagnosed and LABA/LAMA/ICS was initiated in 32% (n=122), in line with local guidance.

## DISCUSSION

The FRONTIER Project demonstrates that Lung Cancer Screening can be utilised to identify individuals at high risk of having undiagnosed COPD and undertake COPD case finding. Providing spirometry within a one stop nurse led diagnostic clinic for those with reported symptoms and/or emphysema has resulted in a high diagnostic yield, thereby highlighting the value of such a project in enabling timely COPD diagnosis.

This work is part of a collaborative working project in conjunction with Hull University Teaching Hospital and Chiesi Limited.

### References:

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