

Improving COPD Outcomes in Primary Care Through Holistic Reviews, Inhaler Optimisation and Multimorbidity Management

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COPD Reviews

592

Newly Identified Conditions

371

Uncontrolled Conditions

158



529 CLINICALLY SIGNIFICANT FINDINGS IDENTIFIED

89% OF COPD REVIEWS IDENTIFIED AN ACTIONABLE FINDING

Nearly one clinically significant finding was identified for every COPD review completed.

WHY?



Symptoms may be driven by co-existing respiratory, cardiovascular, mental health and systemic conditions that can be missed during routine reviews.



WHAT WE DID

- 30-minute holistic review
- 4-6 week follow-up

Structured Assessment

- ✓ CAT & mMRC
- ✓ Exacerbation history
- ✓ Inhaler technique & adherence
- ✓ Multimorbidity assessment
- ✓ Cardiovascular risk assessment
- ✓ Mental health assessment
- ✓ Bone health assessment
- ✓ Review of relevant biomarkers and blood results (where available)
- ✓ Shared decision-making
- ✓ Personalised care planning

RESULTS

Hidden Multimorbidity Was Common

Newly Identified Uncontrolled Total

Condition	Newly Identified	Uncontrolled	Total
Hypertension	93	35	128
Heart Failure	63	33	96
Asthma	46	34	80
Bronchiectasis	39	19	58
Anxiety / Depression	23	13	36
Anaemia / Low Ferritin	34	0	34
Rhinitis	22	7	29
Reflux	15	13	28
Sleep Apnoea	13	4	17
Peripheral Vascular Disease	14	0	14
Lung Cancer	9	0	9



Key Finding

Previously unrecognised and uncontrolled multimorbidity was identified in almost 9 out of 10 COPD reviews. Significant opportunities were identified to optimise both respiratory and non-respiratory conditions.

GETTING THE BASICS RIGHT



99.3%

Inhaler technique assessed



63.5%

Required optimisation



98%

Reported adherence

HOLISTIC CARE



LUNGS

Asthma • Bronchiectasis
Sleep Apnoea • Lung Cancer



HEART

Heart Failure • Hypertension
Peripheral Vascular Disease



MIND

Anxiety • Depression
Wellbeing



BONES

Bone health • FRAX
Anaemia • Reflux

PATIENT IMPACT

- ✓ Better disease understanding
- ✓ Improved self-management confidence
- ✓ Greater engagement with support services
- ✓ More personalised treatment decisions

TAKE-HOME MESSAGE



Putting patients at the centre of the conversation uncovered substantial previously unrecognised and uncontrolled multimorbidity.



Listening, asking the right questions and looking beyond COPD enabled optimisation of both respiratory and non-respiratory conditions.



Structured assessment of symptoms, risk factors, biomarkers and multimorbidity supported more personalised treatment decisions.

CONCLUSION



Patient-centred holistic reviews identified substantial previously unrecognised and uncontrolled multimorbidity and opportunities to optimise both COPD and co-existing conditions.



Looking beyond the lungs through structured assessment of symptoms, exacerbation risk, multimorbidity, cardiovascular risk, mental health, bone health and biomarkers supported more personalised care.



Treatment decisions were guided by what mattered most to patients rather than COPD alone.



Patient-centred care starts with listening

Look beyond the lungs • Ask the right questions • Assess exacerbation risk • Review biomarkers • Personalise care



Not all COPD symptoms have the same cause and not all patients require the same interventions.

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