



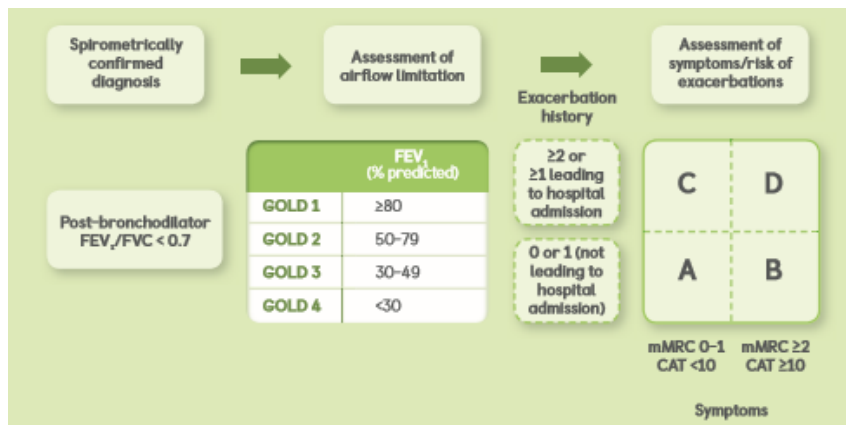
**Prescribing Tip No. 190 Date: 18<sup>th</sup> January 2018**



**2017 GOLD COPD Guidelines Global Strategy for the Diagnosis, Management and Prevention of COPD**

January 2017 saw the publication of new global COPD Guidelines ([GOLD 2017](#)<sup>1</sup>). The guidelines for the prevention, diagnosis, and management of COPD in primary care, are based on new evidence published in the last 2 years. The revised **ABCD** scheme is now based on patients' symptoms and exacerbation history alone

1. **mMRC** Dyspnoea scale (graded from 1 to 4) <https://pcrs-uk.org/mrc-dyspnoea-scale>
2. **CAT** scores (COPD Assessment Tool) <http://www.catestonline.org/english/indexEN.htm>
3. Number of **exacerbations** and whether the patient has been **hospitalised** or not, for the exacerbation.



The **ABCD** classification then defines the recommended pharmacological inhaler treatment for the patient.

Treatment choices: adapted from GOLD ABCD assessment (2017 Report)							
-Initiation and escalation of treatment based on symptoms (mMRC and CAT) and risk of exacerbations. mMRC-Modified British Medical Research Council dyspnoea scale. CAT- COPD Assessment Tool.							
<b>-Patients can start in any group, and change between groups, therefore regular assessment required.</b>							
<b>SABA</b> -short acting β2 agonist. <b>SAMA</b> -short acting anti-muscarinic antagonist. <b>LABA</b> -long acting β2 agonist. <b>LAMA</b> -long acting muscarinic antagonist. <b>ICS</b> -inhaled corticosteroid.							
Patient Group	Risk and symptoms	Symptoms		Exacerbation history (in last 12 months)	Initial treatment	Further treatment (Continue SABA)	Comments
		CAT score	mMRC				
A	Fewer symptoms Low risk	<10	0-1	0-1 (not leading to hospital admission)	SABA (or SAMA)	LAMA or LABA	
B	More symptoms Low risk	≥10	≥2	0-1 (not leading to hospital admission)	LAMA (or LABA)	Persistent symptoms: LAMA + LABA	
C	Fewer symptoms High risk	<10	0-1	≥2 or ≥1 leading to hospital admission	LAMA (or LABA)	Further exacerbations: LAMA + LABA	Or LABA + ICS, but ICS increases risk of pneumonia
D	More symptoms High risk	≥10	≥2	≥2 or ≥1 leading to hospital admission	LAMA + LABA	Further exacerbations: LABA + LAMA + ICS	Or switch to LABA + ICS, but no evidence of better prevention of exacerbations

Lancs Medicines Management **COPD Guidelines** (updated Nov17) recommends 3 different inhaler treatment pathways.

See <http://www.lancsmmq.nhs.uk/download/guidelines/COPD-guideline-ver-1.6.pdf>

Useful resource - <https://letstalkrespiratory.com/uk/quick-reference-copd-guidelines/>

**To contact the Medicines Optimisation Team please phone 01772 214302**