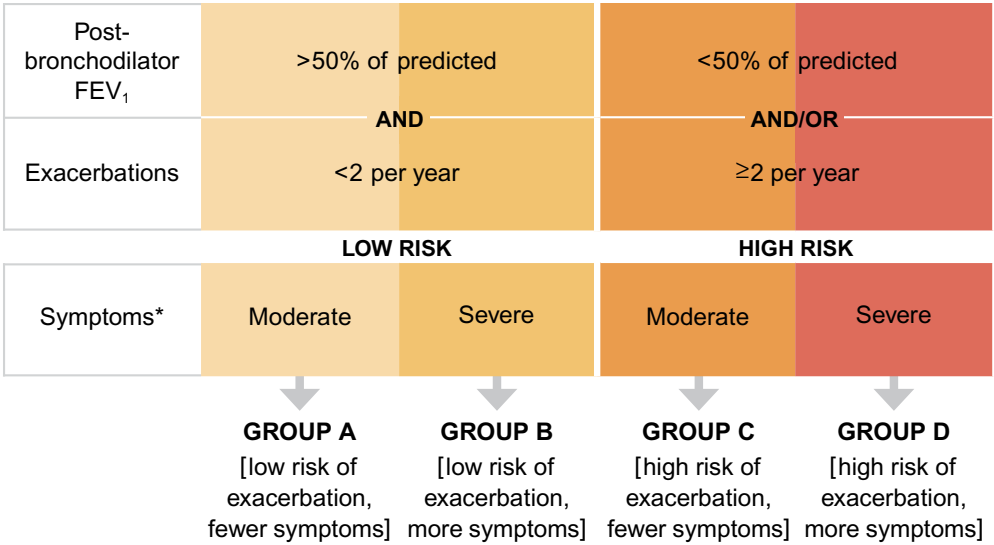
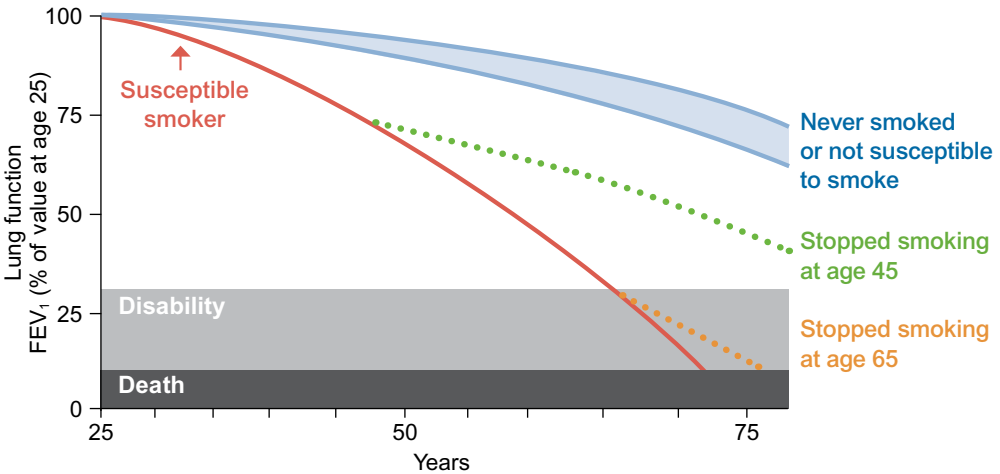


## The GOLD Classification Scheme can guide treatment in COPD<sup>1</sup>



\*Severe symptoms: walking slower than people of the same age because of breathlessness or needing to stop for breath on level ground (MMRC scale<sup>2</sup>).

## Smoking and decline of lung function in COPD<sup>3</sup>



(1) GOLD. *Global strategy for the diagnosis, management, and prevention of chronic obstructive pulmonary disease: Revised 2013*. (2) Stenton C. The MRC breathlessness scale. *Occupational Medicine*. 2008;58(3):226-227. (3) Fletcher C, Peto R. The natural history of chronic airflow obstruction. *BMJ*. 1977;1(6077):1645-1648.

## Pharmacological management of COPD<sup>1</sup>

Group A	Group B	Group C	Group D
<b>First line therapy</b>			
Short-acting β-agonist PRN (SABA)	Long-acting β-agonist (LABA)	Inhaled corticosteroid (ICS)+ long-acting β-agonist (LABA)	Inhaled corticosteroid (ICS)+ long-acting β-agonist (LABA)
—OR—	—OR—	—OR—	—AND/OR—
Short-acting anticholinergic PRN, or “short-acting muscarinic antagonist” (SAMA)	Long-acting anticholinergic, or “long-acting muscarinic antagonist” (LAMA)	Long-acting anticholinergic, or “long-acting muscarinic antagonist” (LAMA)	Long-acting anticholinergic, or “long-acting muscarinic antagonist” (LAMA)
<i>Add short-acting bronchodilators as rescue medication as needed</i>			

Optional alternative therapies:

**Group A:** [SABA + SAMA] or [LABA] or [LAMA]

**Group B:** [LABA + LAMA]

**Group C:** [LABA + LAMA] or [LAMA + roflumilast] or [LABA + roflumilast]

**Group D:** [ICS + LABA + LAMA] or [ICS + LABA + roflumilast] or [LABA + LAMA] or [LAMA + roflumilast]

## Non-pharmacological interventions for COPD<sup>1</sup>

Group A	Group B	Group C	Group D
Smoking cessation	→	→	→
Reduce occupational and environmental exposures	→	→	→
Exercise/physical therapy	→	→	→
Good nutrition	→	→	→
Influenza and pneumococcal vaccines	→	→	→
	Pulmonary rehabilitation	→	→
		Pulmonologist referral	→
		Address end-of-life decision making	→
			Consider surgery in selected patients

More information on the evidence behind these recommendations can be found at [AlosaHealth.org/modules/COPD](https://AlosaHealth.org/modules/COPD)