

COPD & Spirometry Workshop



Chronic Obstructive Pulmonary Disease (COPD), which includes chronic bronchitis and emphysema, is the 3rd leading cause of health-related work absences and the 4th leading cause of death in the United States. Approximately 16 million Americans have been diagnosed with COPD but the true prevalence of the disease is thought to be closer to 30 million.

Spirometry is a simple yet powerful tool which gives the medical team objective information on lung function – both the type of airflow problem and the severity. It is essential in the early screening of patients at risk for COPD, diagnosis of asthma and COPD, and staging of severity of both conditions.

Based on Global Initiative for Chronic Obstructive Pulmonary Disease (GOLD) guidelines, this workshop gives health professionals a basic understanding of COPD, the practical skills involved in COPD assessment, management, and prevention, and the basics of performing and interpreting spirometry.

LEARNING OBJECTIVES

At the end of the workshop, students will be able to:

- Describe 3 aspects of COPD pathophysiology which contribute to disease signs and symptoms.
- Describe key findings on history, physical examination and lung function testing which support a diagnosis of COPD.
- Recognize acceptable spirometry results and perform basic spirometry interpretation.
- Discuss strategies for maximizing the treatment plan: medications and devices, smoking cessation, improving exercise tolerance, managing the acute exacerbation.

TARGET AUDIENCE

Nurses (registered nurses, licensed practical/vocational nurses, medical assistants) and nurse practitioners, physician assistants, respiratory therapists, case managers, physicians and other health professionals actively involved in the care of patients with COPD. Maximum benefit will be derived if the allied health professionals who attend have physician colleague support for implementing new knowledge in the practice setting.

ACCREDITATION

- **AANP.** This program has been approved for **5.5** contact hours of continuing education (which includes up to **2.0** hours of pharmacology) by the American Academy of Nurse Practitioners. Program ID 0701045.
- **AAPA.** This program has been reviewed and is approved for a maximum of **5.5** hours of AAPA Category I (Pre-approved) CME credit by the Physician Assistant Review Panel.
- **AARC.** The American Association for Respiratory Care has granted the COPD & Spirometry workshop **5.5** hours of continuing education credit (CRCE). Provider #9380443.
- **CBRN.** The COPD & Spirometry Workshop is approved by the California Board of Registered Nursing, Provider #13556 for **6.6** contact hours.

COST

\$3,000 for up to 20 participants. Please contact the NRTC about pricing for larger groups.

*The **National Respiratory Training Center (NRTC)** is an independent, 501(c)3 nonprofit educational organization committed to improving the health of patients with respiratory and allergic disease by enhancing the knowledge and skills of the health professionals who care for them.*

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AGENDA

- 8:30 – 9:00 **Sign in and introductions; expectations for the day**
- 9:00 – 9:30 **Module One: Overview of COPD**
- Why is COPD important?
 - Pathophysiology, risk factors
 - Signs, symptoms, and disease progression
- 9:30 – 10:15 **Module Two: Assessment, diagnosis, classification of severity**
- Elements of the office visit: history, physical examination, and testing
 - History: general, respiratory, and medication
 - Activities of daily living, nutrition, depression, and quality of life
 - What to look for on the physical exam
 - The value of spirometry
 - Classifying severity
- 10:15 – 10:30 Break
- 10:30 – 12:30 **Module Three: Spirometry**
- Spirometry techniques
 - Achieving technically acceptable results
 - Basic Spirometry interpretation
- 12:30 – 1:30 Lunch
- 1:30 – 2:15 **Module Four: Maximizing the treatment plan: non-pharmacologic strategies**
- Patient education
 - Smoking cessation
 - Pulmonary rehabilitation
- 2:15 – 2:30 Break
- 2:30 – 4:00 **Module Five: Maximizing the treatment plan: pharmacologic therapy**
- Bronchodilators and anti-inflammatories
 - Medication delivery devices
 - Oxygen therapy
 - Treating the acute exacerbation
- 4:00 – 4:15 Closing remarks; next steps for learning