

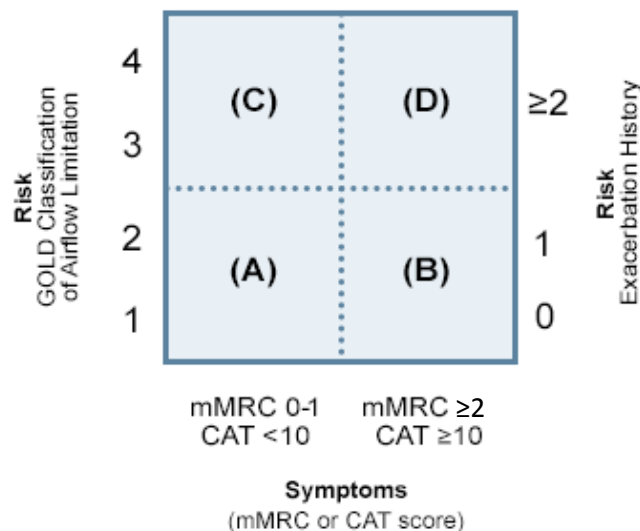
## Assessment of COPD – GOLD 2013 Guidelines

The 2013 GOLD-COPD guidelines guide us to manage the patient from a wholistic view point. This is because there is now recognition that the disease (COPD) does not behave the same way in all patients. Previously the focus was only on the degree of airflow obstruction.

It is now accepted that the disease has a different progression and clinical impact, even in patients with the same degree of airflow obstruction. As a result, COPD patients are now classified into 4 phenotypes (A, B, C, D) based not only on degree of airflow obstruction, but also on the impact of the disease on breathlessness (mMRC dyspnoea or CAT score) and frequency of exacerbations. It is now recognized that focus should be on symptom alleviation and this can be achieved by maximizing bronchodilatation. Inhaled corticosteroids (ICS) have been confirmed to reduce the number of exacerbations and therefore ICS should be targeted at the subgroup of patients at risk of exacerbations (Groups C & D).

The table below and the subsequent notes summarize these new changes.

*When assessing risk, choose the **highest** risk according to GOLD grade or exacerbation history*



*The COPD patient groups can be summarised as follows:*

Patient group A - low risk, LESS symptoms	Patient group B - low risk, MORE symptoms
<ul style="list-style-type: none"> <li>• <b>Spirometry GOLD 1–2</b> (mild or moderate airflow limitation)</li> <li>• <b>Exacerbations:</b> 0-1 per year and,</li> <li>• <b>Breathlessness symptoms:</b> mMRC grade 0–1 or CAT score &lt; 10</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Spirometry GOLD 1–2</b> (mild or moderate airflow limitation)</li> <li>• <b>Exacerbations:</b> 0-1 per year and,</li> <li>• <b>Breathlessness symptoms:</b> mMRC grade ≥ 2 or CAT score ≥ 10</li> </ul>
Patient group C - HIGH RISK, LESS symptoms	Patient group D - HIGH RISK, MORE symptoms
<ul style="list-style-type: none"> <li>• <b>Spirometry GOLD 3–4</b> (severe or very severe airflow limitation)</li> <li>• <b>Exacerbations:</b> &gt; 2 exacerbations/ year and/or &gt; 1 hospitalized exacerbation/ year</li> <li>• <b>Breathlessness symptoms:</b> mMRC grade 0–1 or CAT score &lt; 10</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Spirometry GOLD 3–4</b> (severe or very severe airflow limitation)</li> <li>• <b>Exacerbations:</b> &gt; 2 exacerbations per year / &gt; 1 hospitalized exacerbation/ year</li> <li>• <b>Breathlessness symptoms:</b> mMRC grade ≥ 2 or CAT score ≥ 10</li> </ul>