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Review Article

**IMPACT OF FAMILY MEDICINE ON CHRONIC
OBSTRUCTIVE PULMONARY DISEASE (COPD)
MANAGEMENT**

¹Abdulaziz Yarub Alali, ²Abdullah nasser Alshahrani, ³Abdulwahab Ali Asseri, ⁴Waleed Turki Alanazi, ⁵Othman Masad Albalawi, ⁶Ahmed Hussain Alshaikhi, ⁷Abdulrhman Nasser Alwadai, ⁸Ahmad Jamil Makai, ⁹Omar Yarub Alali, ¹⁰Talal Rabea Marzooq Aljohani

Abstract:

Chronic obstructive pulmonary disease (COPD) is a common ailment with high worldwide morbidity and mortality. In this review we discuss available diagnosis methods and proper treatment possibilities. We performed detailed search through electronic databases; PubMed, and EMBASE, for studies published in English language and human subjects thought instant to 2018. Studies discussing the roles of family physicians in the diagnosis and management COPD in primary care. The diagnosis of chronic obstructive pulmonary disease (COPD) must be suspected in individuals with risk aspects (mostly a history of smoking cigarettes) that report dyspnea at rest or with exertion, chronic cough with or without sputum generation, or a history of wheezing. COPD might be suspected based on results from the background and physical examination but need to be verified by spirometry to find airflow blockage. Nevertheless, the health care team must make every effort to establish a firm medical diagnosis when feasible, as well as follow up with continuous tracking to evaluate the benefit of treatment, to accomplish the very best feasible results for individuals.

Corresponding author:**Abdulaziz Yarub Alali,**

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INTRODUCTION:

Asthma as well as chronic obstructive pulmonary illness (COPD) are the most constant reasons for respiratory health problem worldwide and roughly 7.7% of grownups have actually COPD [1]. COPD is presently the 4th leading cause of death in the United States and, globally, is projected to be the 3rd leading cause of death and also fifth leading reason for disability by 2030 [2]. Given that 2000, even more United States women than US males have passed away yearly of COPD [2]. This stands for a vital and growing burden for primary care, the setting in which most patients with breathing ailment are dealt with [1].

Chronic obstructive pulmonary disease (COPD) is a term utilized to describe an obstructive lung ailment consisting of two unique pathologies - chronic bronchitis and also emphysema. Chronic bronchitis relates to respiratory tracts inflammation, increased sputum generation and bacterial infection [3]. Emphysema is qualified by lung damage, formation of lung bullae, loss of elastic recoil and hyperinflation [3].

Although these seem to be two distinct pathologies, patients that develop COPD commonly experience both, and these vary in proportion from patient to patient. There are still patients with COPD that have purer phenotypes; the 'blue bloater' with primary chronic bronchitis, increased incidence of winter chest infections, cor pulmonale and type 2 respiratory system failure, and the 'pink puffer' with predominant emphysema, cachexia, barrel-shaped chest and type 1 breathing failing [4].

Chronic obstructive pulmonary disease (COPD) is a common ailment with high worldwide morbidity and mortality. In this review we discuss available diagnosis methods and proper treatment possibilities.

METHODOLOGY:

We performed detailed search through electronic databases; PubMed, and EMBASE, for studies published in English language and human subjects thought instant to 2018. Studies discussing the roles of family physicians in the diagnosis and management COPD in primary care, were included whether were reviews or control studies. following keywords are used in search process: "COPD", "family doctors", "primary care", "treatment", "Management". We excluded case reports. Moreover, references of included studies were scanned for more relevant articles.

DISCUSSION:

• DIAGNOSIS AND SCREENING

Diagnosis

The diagnosis of COPD should be suspected in people with respiratory signs and symptoms, such as cough, expectoration of sputum, shortness of breath upon exertion or reduced respiratory system infections occurring more often or lasting longer than expected (> 2 weeks). The suspicion should raise if the individuals likewise report risk factors for COPD, such as direct exposure to cigarette smoke, environmental or occupational pollutants and/or the presence of a family history of obstructive lung ailments [5], [7]. Not infrequently, and normally in more-advanced situations, COPD is thought at the time of an extreme respiratory system decompensation due to an acute exacerbation or following surgery, such as top abdominal or thoracic procedures. This deterioration is caused by the main problem of underdiagnosis, as most individuals with the disorder underestimate their symptoms, if they are the natural repercussion of the cigarette smoking behavior, aging or job exposure [6]. In addition, even in moderate-to-advanced stages of COPD, the affected patients will come to be ever much more inactive to stay clear of the uncomfortable sign of exertional dyspnoea. As the cigarette smoking habit has grown in more youthful people and also the frequency of COPD in females is now coming close to or has surpassed (in some developed countries) that of males, COPD is currently widespread in more youthful individuals and also especially in females, that could really develop the disease at an earlier age than men [6].

Clinical presentation

The majority of individuals with light disorder have a normal health examination, consisting of pulse, breathing rate, chest expansion and also breath and heart sounds. However, making use of a standard functional grading of dyspnoea, one of the most essential signs of respiratory compromise, can help to raise the degree of suspicion, route the healthcare provider to execute a spirometry examination and also help to phase disorder severity. One such scale is the Modified Medical Research Council dyspnoea scale, graded from 0 to 4 with the lowest grade implying no dyspnoea with any kind of activity as well as the highest-grade implying dyspnoea with minimal activity [5], [7]. In individuals with more-advanced disease, increased breathing rate with forced expiratory efforts, decreased breath noises on chest auscultation (listening), the presence of rhonchi (rattling sounds), coarse crackles as well as wheezes and also, in the most advanced situations, cyanosis (blue skin discolouration, a sign of hypoxaemia) could be existing and also need to be considered a

vital issue that requires therapy with oxygen. Presently, the simplicity of use of pulse oximetry, which is a non-invasive approach of gauging oxygen saturation, allows the determination of hypoxaemia early, as well as oxygen needs to be recommended for patients with saturations below 88% while breathing room air [7]. The existence of cor pulmonale (failing of the appropriate side of the heart as a result of hypoxaemia and also increased intrapulmonary vascular resistance) is characterized by serious dyspnoea, impaired exercise capability, leg oedema as well as, in the most severe situations, generalised oedema. Use of without supervision cluster evaluation, including lots of clinical variables along with outcomes of a CT scan of the thorax and

biomarkers, has validated that COPD is a complex heterogeneous ailment in which the majority of patients combine attributes of the traditional subgroups of the 'pink puffer' and also the 'blue bloater' phenotypes [4], [8]. These research studies have likewise verified the association of these traditional phenotypes with clinical, radiological as well as biomarker profiles. Thus, pink puffers have lower muscular tissue mass, even more emphysema as well as fewer cardiovascular as well as metabolic co-morbidities than blue bloaters that have greater body mass index with less emphysema and more metabolic co-morbidities as well as cardiac compromise. The differential diagnosis of COPD exists in Table 1.

Table 1. Differential Diagnosis for Chronic Obstructive Pulmonary Disease [10] [11].

<i>DISEASE</i>	<i>DISTINGUISHING FEATURES</i>
Asthma	Worsens in response to environmental agents and season; marked variability of airflow obstruction
Bronchiectasis	Recurrent lobar pneumonia
Chest wall disorders (e.g., kyphoscoliosis)	Physical examination findings
Congestive heart failure	History of heart disease, including cardiomegaly and decreased ejection fraction
Cystic fibrosis	Progressive respiratory symptoms since birth
Diffuse panbronchiolitis	Weakened immune system, Asian descent
Interstitial lung disease	Spirometry shows a restrictive defect
Lung cancer	Progressive cough and constitutional symptoms despite treatment
Obliterative bronchiolitis	Progressive cough and dyspnea; may require lung biopsy
Pulmonary arterial hypertension	Dyspnea, fatigue, and signs of heart failure
Tracheal stenosis	High-pitched squeal during inhalation
Tuberculosis	Travel or contact history, upper lung cavity lesion on radiography
Upper airway obstruction (e.g.,	Hoarse voice, difficulty swallowing

<i>DISEASE</i>	<i>DISTINGUISHING FEATURES</i>
tracheal tumor)	
Vocal cord dysfunction	Hoarse voice, difficulty breathing

Confirming the diagnosis.

The classification of COPD is according to post-bronchodilator FEV₁ (Table 2).

Table 2. Severity grading of COPD according to NICE 2010 [12].

Stage	FEV ₁ /FVC	Post-bronchodilator FEV ₁
Mild	<0.7	>80%
Moderate	<0.7	50–80%
Severe	<0.7	30–50%
Very severe	<0.7	<30%

The medical diagnosis of COPD is suspected on the basis of signs as well as indications, and also is supported by spirometry. It is unusual to diagnose COPD under the age of 35. The individual will be a cigarette smoker or ex-smoker and they typically present with cough, spit production and also shortness of breath [10]. The increase in breathlessness in COPD tends to occur over months as well as years, punctuated by serious episodes of breathlessness referred to as exacerbations [10].

Spirometry is utilized to help the diagnosis of airways blockage (FEV₁/FVC <0.7) and the intensity of air movement limitation. FEV₁ along with other investigations (BMI, MRC dyspnoea score and six-minute stroll range) can likewise assist predict prognosis [12].

MANAGEMENT OF STABLE COPD:

Smoking cessation

Apart from being the main cause of COPD, smoking is additionally by far the most essential aspect in charge of development of the disease [13]. In medical care an estimated 25- 50% of patients with COPD are current cigarette smokers [13]. Easy smoking-cessation suggestions from (main) medical care professionals makes smokers most likely to give up, and helpful interventions (e.g. counselling, pharmacological

assistance) improve the success of smoking cessation attempts. For some cigarette smoking cessation interventions, quit rates have specifically been researched in COPD patients, some interventions have been evaluated in smokers in primary care, however just a few in COPD patients in medical care [13]. The latter research studies show that although every COPD patient that gives up smoking certainly is worthwhile, health care specialists' assumptions need to not be too high, as smoking cessation therapy in primary care cause a 9% rate of effective quitters amongst COPD patients (compared with 4% without treatment) after one year [15]. Primary care doctors mostly apply cigarette smoking cessation treatments that are simple to carry out and are not extremely time consuming. Recent research recommends that utilizing spirometry for recognition of airways blockage may enhance the success price of succeeding smoking-cessation interventions [13]. More intensive cigarette smoking cessation counselling of COPD patients may be a lot more practical for non-physicians, such as technique nurses. Clearly, a great infrastructure is a requirement for reliable smoking-cessation support in health care, however current information from Sweden illustrate that not all health care techniques have prepared

structured programs for smoking-cessation guidance for their COPD patients yet [14].

Physical exercise training and pulmonary rehabilitation

Improving physical performance is an essential treatment goal in COPD [16]. Although there is presently no conclusive evidence that exercise programs in primary care are effective to improve patient results, boosting clients' physical conditioning is advised in health care COPD guidelines [16]. Many patients with COPD took care of in health care have light or moderately serious disease, as well as will therefore not have accessibility to secondary treatment pulmonary rehabilitation programs [17]. Since it may not always be practical to schedule exercise programs in health care (availability of trained physiotherapists is crucial, see 'Learning lessons: key health care for COPD throughout Europe'), a multidisciplinary co-operation with a regional medical facility may be an alternative. When an increased level of physical activity in patients with COPD is attained, regular interest as well as motivational support from a medical care specialist may contribute to maintaining this [17].

Pharmacotherapy and vaccinations

Pharmacotherapy for COPD patients is utilized to stop as well as regulate signs, decrease regularity as well as seriousness of exacerbations, and boost wellness status and exercise tolerance. Inhaled bronchodilators (2- agonists, anticholinergics) are central to the symptomatic monitoring of COPD in medical care [18]. Normal treatment with inhaled corticosteroids does not modify lung feature decrease, however, might reduce the frequency of exacerbations and also enhance health status in symptomatic individuals with extreme disorder and also repeated exacerbations-- which is only a minority of all individuals with COPD dealt with in health care [18]. A single-inhaler consolidated inhaled steroid and long-acting B2-agonist- if available- is more efficient than the individual components in lowering exacerbations and also boosting lung function as well as wellness condition [20]. Although theophylline in a low dosage decreases exacerbations, it does not enhance lung function, as well as higher dosages bear the capacity for toxicity. Influenza vaccines including killed or live, inactivated, infections can minimize severe disease as well as fatality in COPD patients by concerning 50%, as well as are suggested for health care [18]. Pneumococcal inoculation is effective in COPD patients aged 65 years and older, or with extreme respiratory tracts blockage [19].

Regular monitoring

Follow-up of COPD patients' physical as well as mental condition becomes part of finest (primary care) method when this tracking leads to information that contributes to the achievement of the therapy objectives [21]. Often suggested surveillance regimens are the follow-up of lung function, signs and symptoms, exercise tolerance, (fat-free) body mass, frequency of exacerbations, co-morbidity as well as smoking practice. Recommendations on keeping track of procedures in individuals with COPD are presently not based upon scientific proof. It would make sense to advise some monitoring treatments- particularly surveillance of signs and symptoms and cigarette smoking status- as a routine for each COPD patient and apply added monitoring on the basis of disease-severity phase [22]. An initial extent staging at the time of medical diagnosis followed by re-assessment when every few years in patients with moderate to modest ailment may suffice for most of COPD patients took care of in health care.

End-of-life care Patients with end-stage

COPD experience intolerable dyspnoea, substantial ailment, and higher degrees of anxiety and depression, which affect their quality of life and can be a source of issue for family and cares. These patients have different healthcare demands than those in earlier phases of the disease. They typically lack security and get limited end-of-life treatment, partially since their illness program is challenging to anticipate [23]. Although palliative care is a team effort in which various other medical professionals (palliative treatment doctors, nurses) non-medical experts (counsellors, clergymen) and laymen (family members, volunteers) are entailed, the GP is in an outstanding position to organize as well as give detailed end-of-life care for COPD people [24]. Possible obstacles may consist of unwillingness of individuals to go over end-of-life treatment, as well as GPs' lack of time, raised workload, anxiety of unpredictability of the information to provide regarding the prognosis, and also lack of appropriate devices to direct referral for palliative care [24].

Surgery

Although it is pricey and associated with high death, lung volume reduction surgical treatment as well as lung transplantation may be appropriate in pick individuals, such as those with upper lobe-- predominant emphysema or low exercise capacity prior to therapy [25]. In select patients with serious upper lobe- predominant emphysema and also reduced post rehabilitation exercise capacity, lung quantity reduction surgery was associated with

improved survival (54% vs. 40% in people getting clinical treatment just over 5 years) [25].

CONCLUSION:

COPD is an avoidable and treatable disorder state qualified by air flow constraint that is not fully reversible. It encompasses both emphysema and chronic bronchitis. The airflow constraint is normally modern and relates to an irregular inflammatory response of the lungs to noxious particles or gases. It is largely brought on by smoking. Although COPD impacts the lungs, it also has considerable systemic consequences. Exacerbations as well as comorbidities are essential contributors to the total problem and diagnosis in individual people.

The diagnosis of chronic obstructive pulmonary disease (COPD) must be suspected in individuals with risk aspects (mostly a history of smoking cigarettes) that report dyspnea at rest or with exertion, chronic cough with or without sputum generation, or a history of wheezing. COPD might be suspected based on results from the background and physical examination but need to be verified by spirometry to find airflow blockage. Nevertheless, the health care team must make every effort to establish a firm medical diagnosis when feasible, as well as follow up with continuous tracking to evaluate the benefit of treatment, to accomplish the very best feasible results for individuals.

Pharmacotherapy and smoking cigarettes cessation are the mainstays of therapy, and pulmonary rehabilitation, long-lasting oxygen treatment, as well as surgical procedure might be thought about in choose people. Much more research study is needed to much better comprehend ailment mechanisms and to create new treatments that decrease disease activity and development.

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