

Exacerbation Characteristics of Patients attending a COPD Clinic

Objectives:

- Investigate patients' **exacerbation rate**
- Compare **Crisis Pack (CP)** usage pattern between high-risk & low-risk COPD patients
- Assess differences in acquiring **breathing control & bronchial hygiene (BCBH)** knowledge

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Methodology

Exacerbation data (Clinical Management System):

- AED attendance
- Hospital admissions
- SOPD / Family Medicine Clinic (FMC) consultations

➤ **Crisis Pack** prescription

COPD Clinic:

➤ Breathing control & bronchial hygiene (BCBH) scores

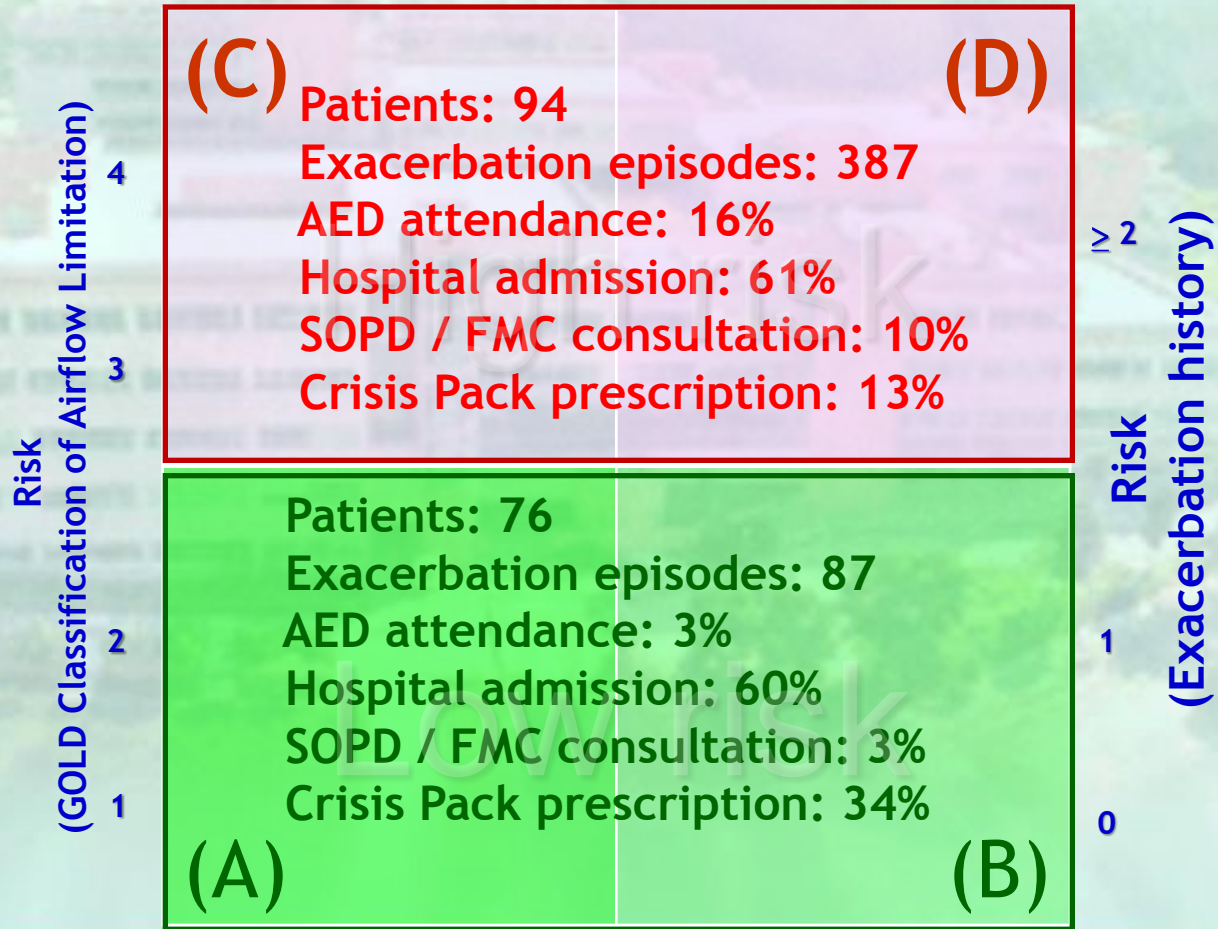




Global Strategy for Diagnosis, Management and Prevention of COPD

Combined Assessment of COPD

Results
(n = 170)



NTEC
North District Hospital

mMRC 0-1
CAT < 10

mMRC ≥ 2
CAT ≥ 10

Quality Effective
Health Care



Results (n = 170)

	High risk group	Low risk group
Patients	94	76
Exacerbation episodes	387	87
Exacerbation rate in total	2.77	
Mean exacerbation rate	4.1	1.1
AED attendance	16%	3%
Hospital admission	61%	60%
SOPD/ FMC consultation	10%	3%
Crisis Pack Prescription	13%	34%
Initiated Crisis Pack	13.5%	33.3%
Knowledge on Breathing Control & Bronchial Hygiene (BCBH)	No significant difference	
	(P>0.05)	



Discussion

- High-risk & low-risk patients showed equivalent ability in learning breathing control and bronchial hygiene knowledge
- **AED attendance & Crisis Pack usage differed**
- Identification of high-risk patients
 - may facilitate **disease management education**
 - Increased Crisis Pack usage may reduce AED attendance

