

COPD National Action Plan

COPD NATIONAL ACTION PLAN



COPD.NIH.GOV

What is COPD?

- Chronic obstructive pulmonary disease (COPD) is a progressive lung disease that over time makes it hard to breathe.
- Less air flows in and out of the airways because of one or more of the following:



The airways and air sacs lose their elastic quality.



The walls between many of the air sacs are destroyed.



The airway walls become thick, and airways are narrowed by inflammation.



The airways make more mucus than usual, which can also clog them.

- Left untreated, people with COPD gradually lose their stamina and ability to perform daily activities.

Common Symptoms of COPD



CONSTANT COUGHING,
sometimes called a “smoker’s cough”



SHORTNESS OF BREATH
while doing everyday activities



INABILITY TO BREATHE EASILY
or take a deep breath



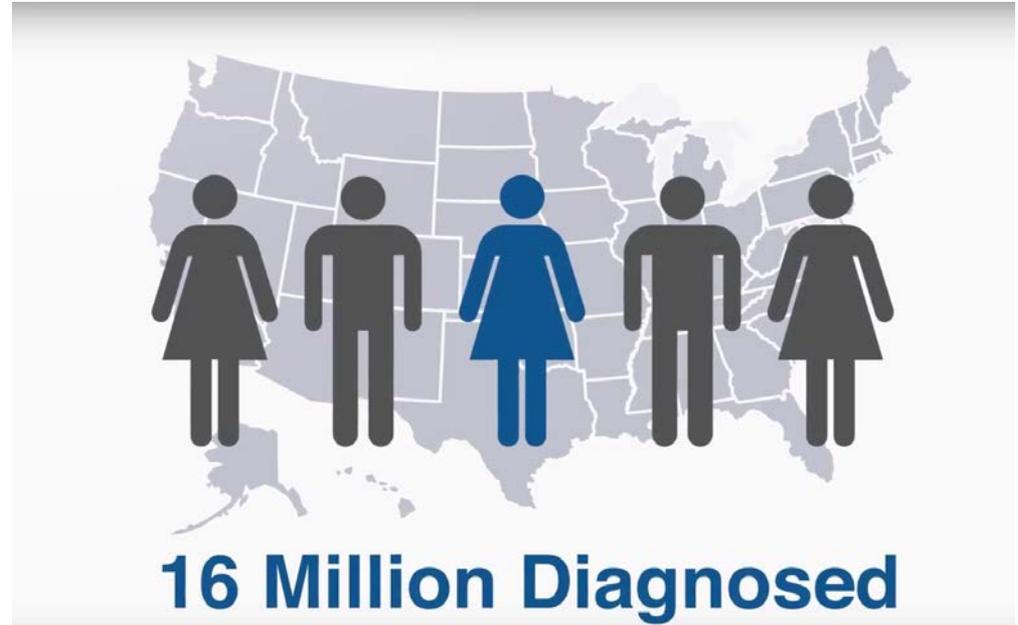
EXCESS MUCUS PRODUCTION
coughed up as sputum



WHEEZING

Who Has COPD?

- 1 in 5 Americans has COPD
- 16 million people are diagnosed, but millions more may have it and not know it



BY GENDER



56%
WOMEN



44%
MEN

BY SMOKING HISTORY



38%
CURRENT

37%
FORMER

OTHER



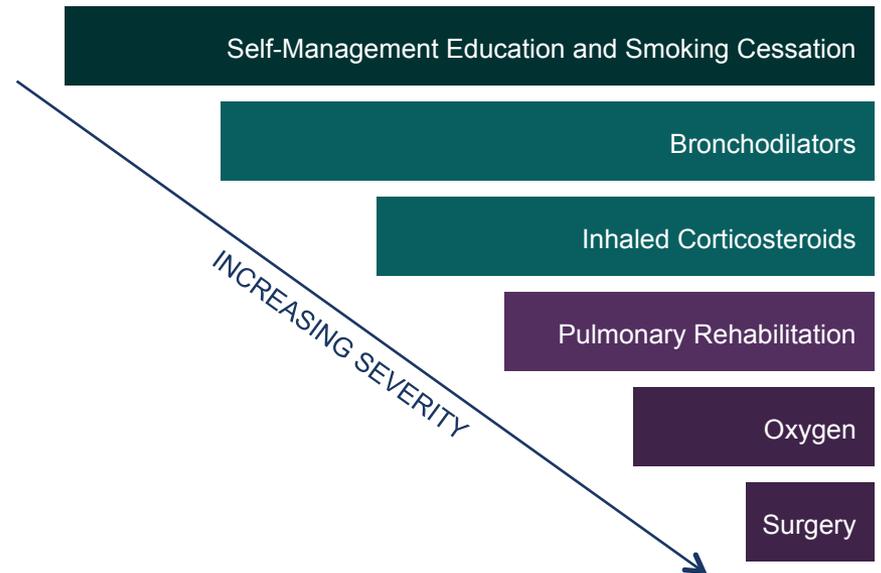
25%
OF CASES ARE
NOT ASSOCIATED
WITH DIRECT
CIGARETTE
SMOKING

COPD: Challenges

Public Health Burden is Large

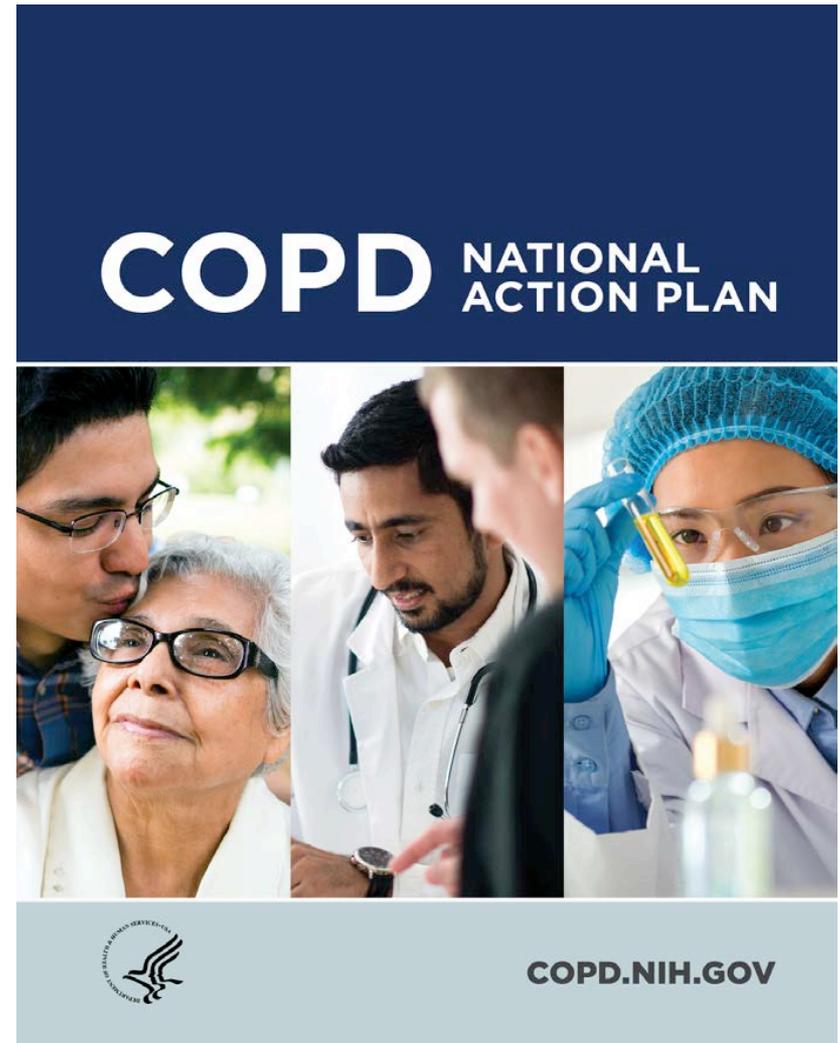
- 3rd leading cause of death in the U.S.
- Causes serious, long-term disability.
- Kills >135,000 Americans each year.

Available Treatments are Inadequate



What is the COPD National Action Plan?

- The first-ever blueprint for a multi-faceted, unified fight against the disease.
- Developed at the request of Congress with input from the broad COPD community.
- Provides a comprehensive framework for action by those affected by the disease and those who care about reducing its burden.



COPD Town Hall Meeting

Set the foundation for the COPD National Action Plan

More than **200** attendees
– including patients, caregivers, health care providers, industry leaders, academic leaders and **14** federal partners – participated

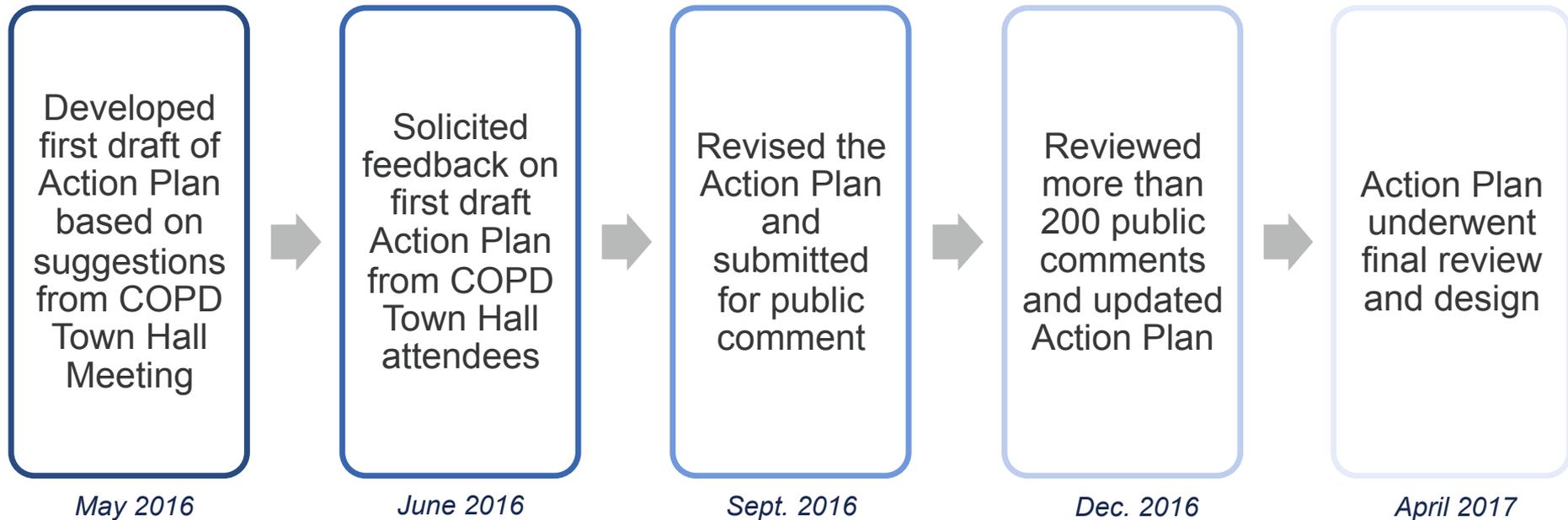


Attendees separated into six breakout groups based on the original Action Plan goals and developed 18 recommendations



February 29 and March 1, 2016

COPD National Action Plan Development



Released: May 2017

COPD National Action Plan Goals

- 1** Empower people with COPD, their families, and caregivers to recognize and reduce the burden of COPD.
- 2** Improve the prevention, diagnosis, treatment, and management of COPD by improving the quality of care delivered across the health care continuum.
- 3** Collect, analyze, report, and disseminate COPD-related public health data that drive change and track progress.
- 4** Increase and sustain research to better understand the prevention, pathogenesis, diagnosis, treatment, and management of COPD.
- 5** Translate national policy, educational, and program recommendations into research and public health care actions.



GOAL 1

Empower people with COPD, their families, and caregivers to recognize and reduce the burden of COPD.

GOAL 1: OPPORTUNITIES FOR ENGAGEMENT AND PARTICIPATION



Share culturally and linguistically appropriate COPD risk assessment tools and educational materials with people with COPD and their families, friends, colleagues, and community members.



Work locally with stakeholders, partners, and communities disproportionately affected by COPD to support disease awareness.



Organize and support local events and activities at hospitals, during community events and activities, and as part of workplace wellness programs; seek local earned media coverage; and utilize existing health observances, including World COPD Day and National COPD Awareness Month.



Develop and execute train-the-trainer programs and distribute educational materials at state and federal levels that have unified messages and calls to action.



Identify and engage new partners who can address COPD, particularly those with the ability to reach populations most affected by the disease, as well as those working on policies aimed at tobacco-use prevention.



GOAL 2

Improve the prevention, diagnosis, treatment, and management of COPD by improving the quality of care delivered across the health care continuum.

GOAL 2: OPPORTUNITIES FOR ENGAGEMENT AND PARTICIPATION



Promote COPD assessment and treatment guidelines to health care professionals.



Incorporate COPD detection, care, and treatment recommendations into clinical settings.



Identify opportunities to increase health care professionals' awareness and use of existing COPD training, tools, and model programs.



Develop and offer culturally and linguistically appropriate patient resources, including referrals and support services, to further COPD education.



Develop, support, and encourage participation in COPD training programs for health care professionals, particularly primary care practitioners.



Use medical reminders for COPD risk detection during patients' health care visits.



Educate health care professionals about national COPD detection, treatment, and care guidelines.



Ask health care professionals to assess patients for COPD, including the use of spirometry, as appropriate, and then develop a personalized, written (or digital, if preferred) management plan.



GOAL 3

Collect, analyze, report, and disseminate COPD-related public health data that drive change and track progress.

GOAL 3: OPPORTUNITIES FOR ENGAGEMENT AND PARTICIPATION



Report the prevalence of COPD in accordance with the requirements of public health and health care organizations.



Work with public health authorities to improve the thoroughness and quality of COPD surveillance data.



Use EHR/PHR technology to assess and evaluate the capacity to monitor and control COPD and related services.



Collect detailed information about population-specific health disparities in COPD prevention, diagnosis, care, and treatment.



Promote research that tracks the prevalence and incidence of COPD, including its phenotypes.



Create or continue to build existing COPD patient registries that help evaluate and improve patient management, clinical care, and treatment.



Support surveillance projects and epidemiological investigations to help understand the characteristics and needs of people at risk for and living with COPD.



Create a common portal database and make its use publicly accessible in order to evaluate and enable predictive modeling.



GOAL 4

Increase and sustain research to better understand the prevention, pathogenesis, diagnosis, treatment, and management of COPD.

GOAL 4: OPPORTUNITIES FOR ENGAGEMENT AND PARTICIPATION

-  **Invest** in, facilitate, and promote basic, clinical, and applied research to improve the diagnosis and treatment of people with COPD; assess the impact of the home environment on patient management and treatment.
-  **Create** COPD patient registries that help evaluate and improve patient management, clinical care, and treatment.
-  **Invest** in, facilitate, and promote the development, regulatory review and approval, and use of new technologies to improve the COPD care continuum.
-  **Investigate** the biological effects of nicotine and its delivery devices and products to better understand emerging threats to lung health that may modify the onset or progression of COPD.
-  **Promote** the inclusion of information relevant to COPD in programs for training medical professionals and the next generation of biomedical scientists.
-  **Identify** risk factors and targets for preventive interventions for chronic lung disease using ongoing NHLBI-supported cohort studies. Test the feasibility of strategies for the prevention of COPD and demonstrate proof of principle in early phase clinical studies.
-  **Leverage** NHLBI-funded programs, such as LungMAP, to develop novel approaches for cell-based therapies and lung regeneration that could be applied in late-stage emphysema.
-  **Leverage** observational cohorts, such as the NHLBI-supported COPDGene and SPIROMICS studies, to identify subgroups of patients with COPD in which particular molecular pathways or pathophysiological mechanisms are critical in pathogenesis. Develop and test panels of biomarkers that can be used to identify individual patients within these subgroups.
-  **Conduct** clinical trials for COPD that are designed to allow analysis of efficacy in predefined subgroups of subjects, thereby providing an evidence base for precision medicine. This applies both to trials of drugs that target particular molecular pathways and to trials of other interventions, such as pulmonary rehabilitation.
-  **Design** and test novel approaches for better implementation of effective strategies for the case finding, diagnosis, and treatment of COPD in the community, home, and primary medical care environments.
-  **Investigate** the prevalence and incidence of COPD in nonsmokers to contrast and compare them — and their responsiveness to currently available therapeutics — to patients with cigarette-smoke-induced COPD.



GOAL 5

Translate national policy, educational, and program recommendations into research and public health care actions.

GOAL 5: OPPORTUNITIES FOR ENGAGEMENT AND PARTICIPATION



Create quality-control performance metrics for COPD detection, care, and treatment.



Encourage the adoption and use of performance metrics for COPD detection, care, treatment, and prevention.



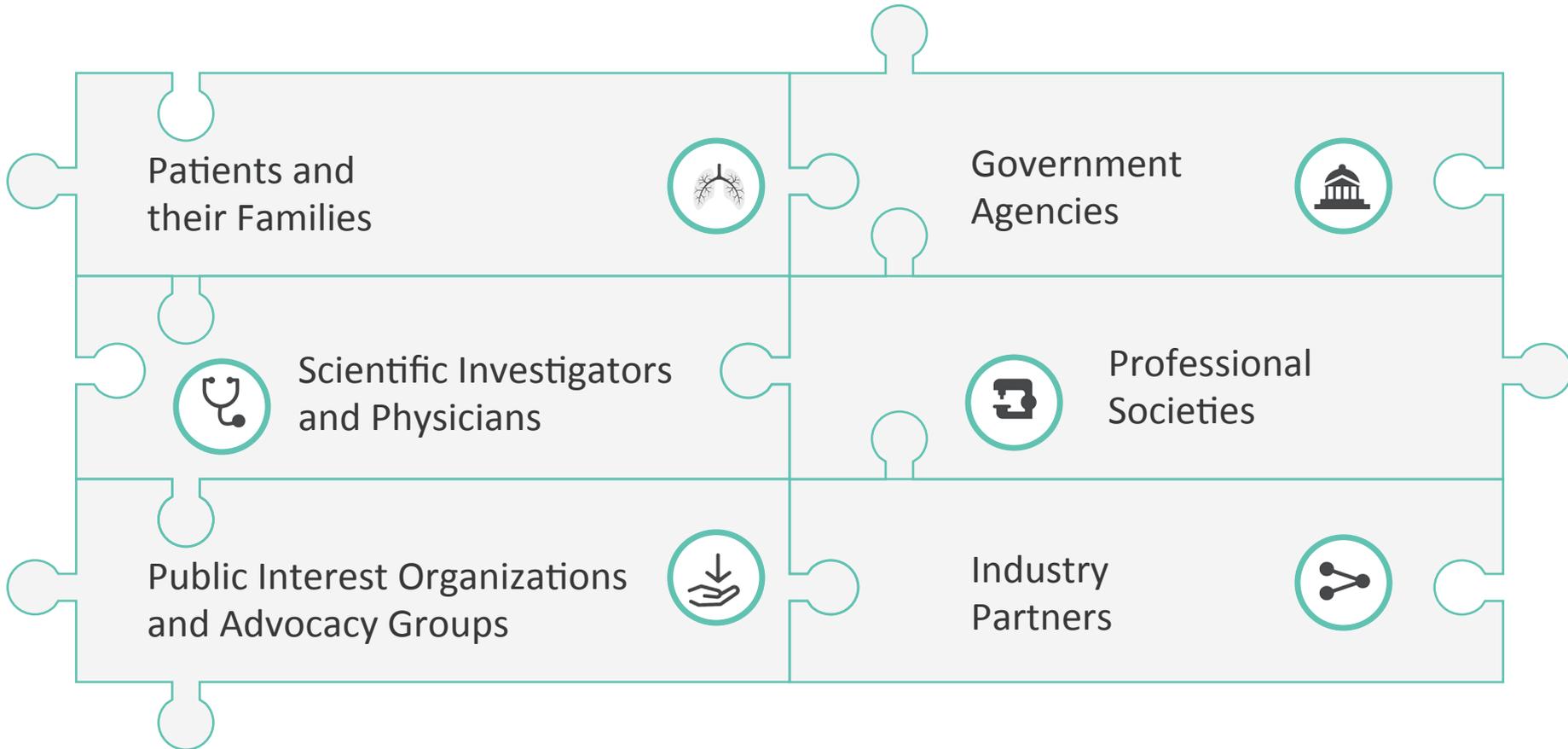
Assess the progress of the *COPD National Action Plan's* initiatives biannually.



Share information about the *COPD National Action Plan's* performance.

Dissemination & Implementation

- The entire COPD community owns this plan.
- All stakeholders have a role to play and must engage in its implementation.



How You Might Use the COPD National Action Plan

WHICH GROUP DO YOU IDENTIFY WITH MOST?



How Can You Promote the Action Plan?

- Help bring visibility to the Action Plan among patients, caregivers, researchers, advocates, health professionals, policymakers, and anyone interested in COPD.
- Promotional materials available at COPD.nih.gov include:
 - Outreach toolkit
 - Videos and animations
 - Social media resources
 - Fact sheets
 - Executive summary
 - PDF of the Action Plan
 - FAQs
 - And more!

COPD NATIONAL ACTION PLAN

Outreach Toolkit

Help Spread the Word
For the COPD National Action Plan to succeed in reducing the burden of the disease, the COPD community must stay involved and help drive its implementation. Just as the creation of the Action Plan was a collaborative, collective effort, its implementation must be, too.

The toolkit provides resources you can use to include tips for working with local media. www.copd.nih.gov

Get in Touch with Local Media
When contacting stories to reporters, research journalists or bloggers. Contact information is found on their websites. If you're unable to research and ask for the most relevant media, consider offering:

- A feature story that is the release of the COPD?
- A story about how you're using the COPD National Action Plan?
- A video already developed and treatment, and media content, such as a simulation on the Action Plan, or data specific to your state.

WHAT IS THE COPD NATIONAL ACTION PLAN?
Chronic Obstructive Pulmonary Disease (COPD) is a leading cause of death and disability in the U.S. The COPD National Action Plan provides a unified framework for reducing the burden of the disease. Its five goals address the entire spectrum of complex issues related to COPD.

WHAT TO DO NEXT:

- Stay involved! Successful implementation of the COPD National Action Plan depends on the entire COPD community.
- The COPD National Action Plan provides a unified framework that collaborators can use to drive change and support activities that help reduce the burden of the disease.
- Organizations are encouraged to implement and adapt the COPD National Action Plan elements most relevant and feasible for their capacity and area of specialty.

FAST FACTS

- COPD is the third leading cause of death in the U.S. and fourth leading cause of disability in the U.S.
- 16 million people have been diagnosed and millions more have it and don't know.
- 8% of COPD cases are in women.

16 Million
Americans have Chronic Obstructive Pulmonary Disease (COPD).

See how many of them are in your state.

Visit www.nhlbi.nih.gov/stateCOPDcards to learn more.

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[COPD.nih.gov](https://www.copd.nih.gov)

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