

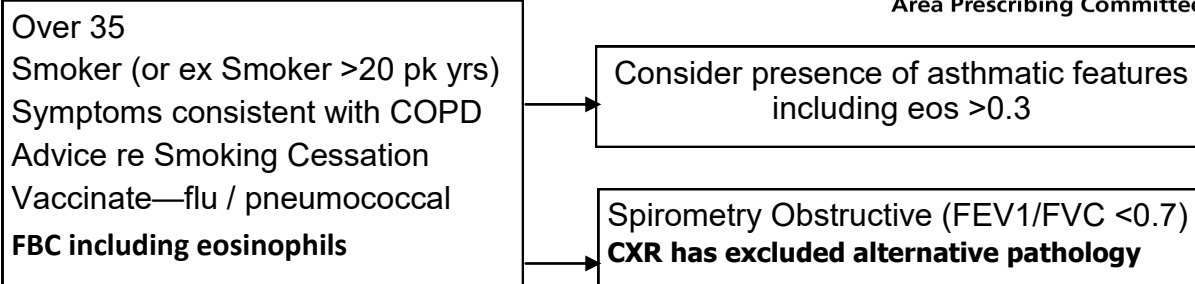
# Guideline for the treatment of COPD (RS3)

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# STS Joint COPD guidelines

South Tyneside and Sunderland  
Area Prescribing Committee



**Do not procede to pharmacotherapy unless patient has undertaken formal SMOKING CESSATION ADVICE AND ASSISTANCE**

**CHECK INHALER TECHNIQUE AT EVERY OPPORTUNITY**

If MRC breathlessness 3+ refer for Pulmonary Rehabilitation

Monitor and treat Anxiety and Depression

BMI—if <20 refer for dietary assessment. If >30 refer to weight loss services

Start: Salbutamol 100microg 2 puffs prn

**IF STABLE ON TREATMENT REGIME DO NOT CHANGE EMPIRICALLY**

**COPD with NO Asthmatic features and no Exacerbations**

If breathless      *Spiolto Respimat 2.5/2.5 2 puffs once daily Or Anoro 55/22 1 puff once daily*

If still breathless      *3/12 trial of Trimbow 87/5/9 2 puffs bd or Trelegy 92/55/22 1 puff once daily*

*Measure response to treatment; CAT score (<http://www.catestonline.org>)*

**COPD with Exacerbations but NO Asthmatic features**

*Spiolto Respimat 2.5/2.5 2 puffs once daily Or Anoro 55/22 1 puff once daily*

If further exacerbations consider stopping previous maintenance inhalers and:

Start      *Trimbow 87/5/9 2 puffs twice daily Or Trelegy 92/55/22 1 puff once daily*

Consider      Carbocisteine 750mg tds

**COPD with Asthmatic features**

Start      *Fostair 100/6 2 puffs bd or Relvar 92/22 1 puff once daily*

If exacerbations consider stopping previous maintenance inhalers and:

Start      *Trimbow 87/5/9 2 puffs bd Or Trelegy 92/55/22 1 puff once daily*

**If exacerbations: Complete SELF MANAGEMENT PLAN** and prescribe rescue pack containing oral corticosteroids and antibiotics according to local formulary advice

## Consider referral to Respiratory Consultant

Diagnostic uncertainty

Onset of cor pulmonale

Hypoxic (Oxygen sats <92% when stable) to consider LTOT

Age<60 ET<100m or rapid decline—considering transplant / surgery

Consideration of Roflumilast / Azithromycin

## Acute Respiratory Assessment Service

(ARAS) Telephone 0191 404 1062 Fax: 0191 202 2166

**If 2+ exacerbations/yr despite treatment refer to ARAS**

Refer to ARAS if considering nebulised bronchodilators (should not be started in community)

**If a patient is interested in being involved in clinical trials please contact Judith Moore, Clinical Trials Officer Tel: 0191 4041000 Ex 2263 Fax:0191 451 4002**