



## COPD HRA

### Client Review Document

### Overview

The COPD HRA is an online application that screens adults between the ages of 20 and 89 for symptoms of chronic obstructive pulmonary disease (COPD). The purpose of the application is to identify consumers who should undergo additional screening for COPD in a primary care setting. It also identifies consumers diagnosed with COPD who are not managing their disease with either a primary care provider or a specialist.

### Main Scientific Basis

This application uses COPD Diagnostic Questionnaire (CDQ),<sup>1</sup> a validated screening tool for COPD in current or former smokers.

The CDQ assesses age, smoking history (total pack years), weight, history of allergies, cough affected by weather, phlegm production with cough, morning cough with phlegm, and frequency of wheezing. Each question is scored on a weighted scale, with a maximum point total of 38. An overall score of 19.5 or higher indicates that COPD is likely.<sup>1,2</sup>

Consumers who indicated they have never used tobacco are asked if they are experiencing various respiratory symptoms, fever, weight loss, or chronic fatigue. Additionally, they are asked if they have been exposed to environmental factors such as second-hand smoke, fumes or exhaust, air pollution and smoked caused by cooking or heating fires inside the home.<sup>3,4</sup>

Last, all consumers are asked if they have a history of bronchitis, pneumonia, tuberculosis, severe childhood respiratory illness, allergies or asthma as well a family history of COPD, respiratory infections, allergies, wheezing, cough with phlegm, or bronchiectasis.<sup>5,6</sup>

### Primary Result

The primary result for this application is a **Screening Recommendation**.

Consumers who have not been diagnosed with COPD will see one of the following results:

- Screening Recommended (*CDQ score of 19.5 or higher*)
- Screening May Be Recommended (*CDQ score of 14.5 to 19.4 OR 2 or more other risk factors*)
- Tell a Doctor About Any Symptoms (*CDQ score of less than 14.5 OR fewer than 2 other risk factors*)

Consumers who have been diagnosed with COPD will see one of these results:

- Manage Your COPD with Your Doctor (*consumer indicated they have a PCP or specialist*)
- Talk to a Doctor about Your COPD (*consumer indicated they do not have a PCP or specialist*)

## References

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