

COPD & Palliative Care



The British Lung Foundation Scotland

- Information
- Support
- Campaigning
- Research



What is COPD?

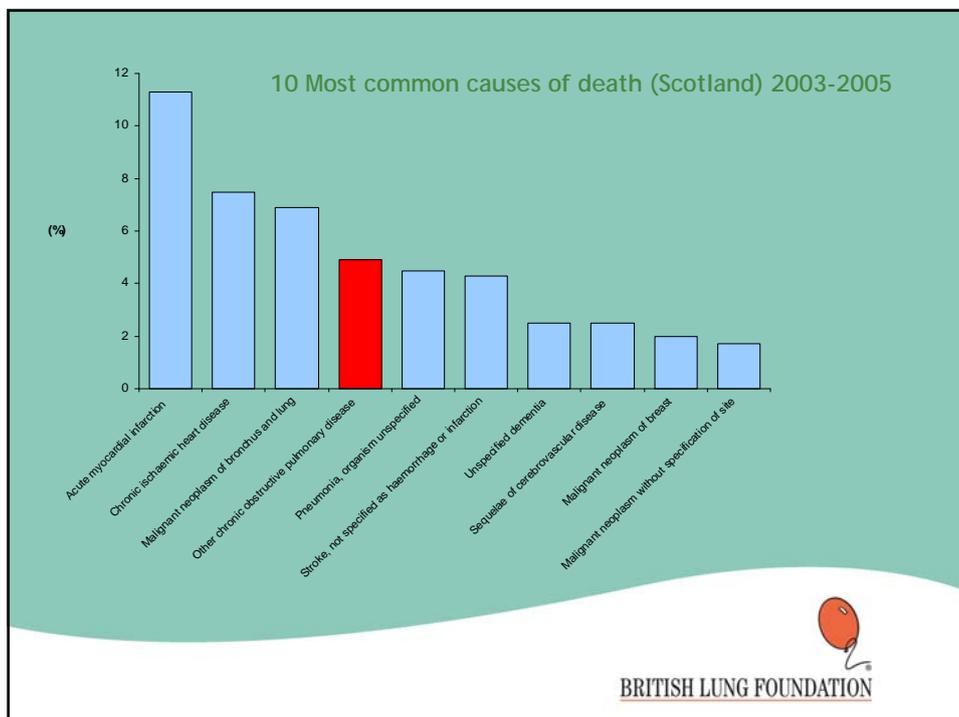
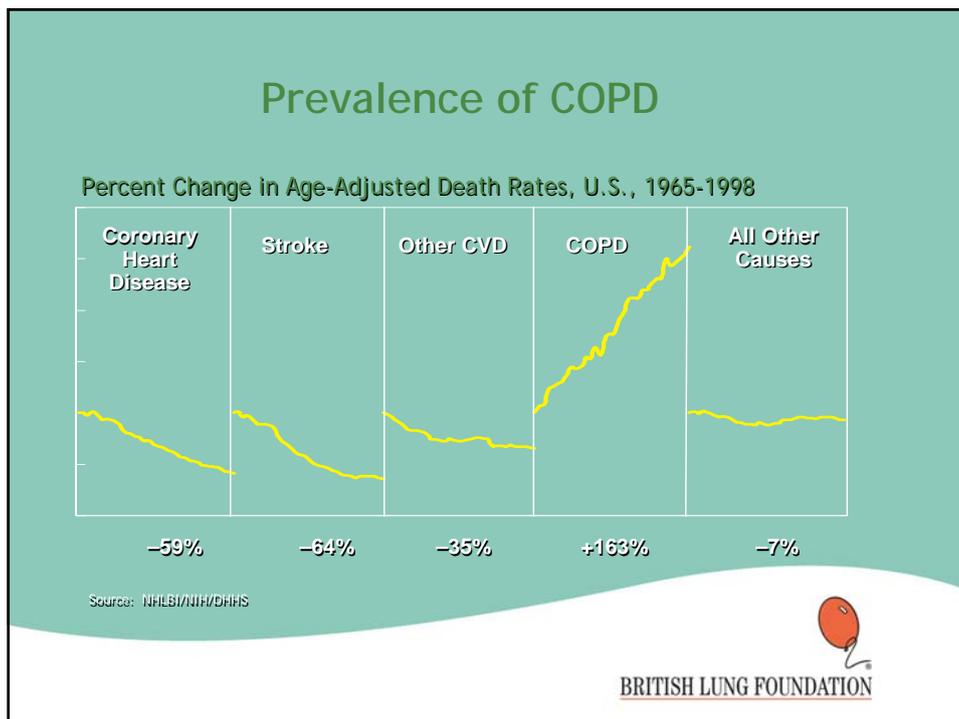
- Chronic obstructive pulmonary disease (COPD) is a disease state characterised by airflow limitation that is not fully reversible. The airflow limitation is usually both progressive and associated with an abnormal inflammatory response of the lungs to noxious particles or gases.



Causes of COPD

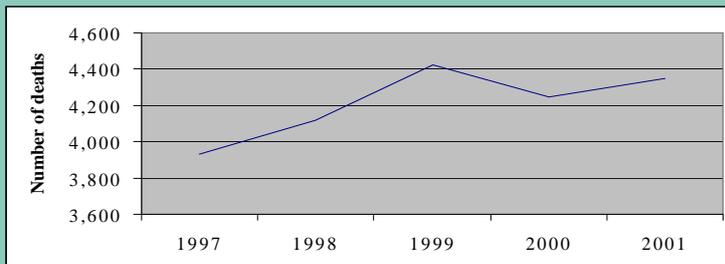
- 80% + smoking related
- Occupational
- Environmental
- Genetic



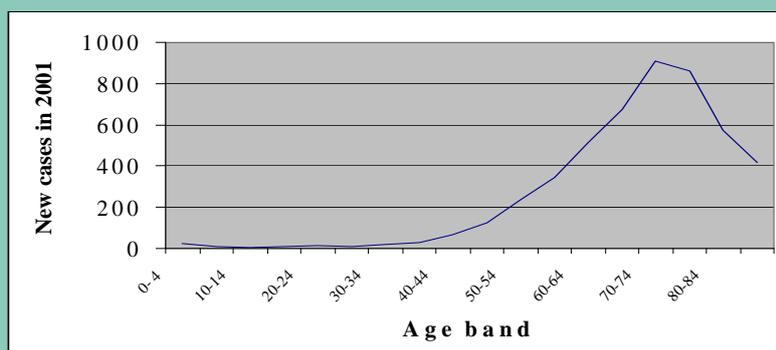


Prevalence & Mortality of COPD in Scotland?

- Primary care data suggests over 90,000 people living with COPD in Scotland



Epidemiology of COPD



Who is living with and dying from COPD

Hospital use by Deprivation Category

Dep Cat	Episodes	per 10,000 people
1 (affluent)	563	19
2	1,697	24
3	2,951	27
4	4,031	32
5	3,004	40
6	2,446	45
7 (deprived)	2,509	74
All	17,201	34



The Changing Political Context

- Not a national priority
- Developing clinical standards
- Recognition of the needs of patients
- Awareness that we need to do “something” about non-malignant palliative care



The real burden of disease

- Isolation and depression
- Fear and anxiety
- Low expectations
- Quality of life
- Access to services



What are the palliative care needs of patients with CLD?

Chronic Lung Disease	Symptom Burden	Lung Cancer
94%	Dyspnoea	78%
77%	Pain	85%
59%	Cough	56%
47%	Sickness	46%
68%	Anorexia	76%
44%	Constipation	59%
65%	Insomnia	60%
71%	Low Mood	68%

Edmonds, Pall Med 2001;15:287-285



What are the palliative care needs of patients with CLD?

COPD vs Lung Cancer; quality of life

- Anxiety/Depression levels higher
- Quality of life poorer including pain
- Information needs not met both groups
- Social support lacking for both in community
- Specialist palliative care lung cancer only
- COPD intermittent support from respiratory nurse

Gore Thorax 2000 ; 55: 1000-6



Why do we find palliative care for respiratory patients so difficult?

- Terminal phase difficult to define
- Many near death episodes
- Palliative Care is for cancer patients only
- Palliative care is only for the dying
- Very low patient expectations



Results for patients

LC	patients knew they were dying
LC	more likely to die in a hospice
CLD	die in hospital
CLD	often die within 24hrs of admission
CLD	needed more help with self care
LC	more community nurse & palliative Care

Edmonds et al Pall Med 2001;15 287-295



What patients do NOT want to hear

- Its too difficult
- We'll get "swamped"
- Their journey is wrong

What patients want to hear

- The same as.....

