

MODELS OF CHRONIC DISEASE MANAGEMENT IN PRIMARY CARE FOR PATIENTS WITH MILD TO MODERATE ASTHMA OR COPD

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POLICY CONTEXT

Mild to moderate asthma and chronic obstructive pulmonary disease (COPD) are health problems that progress into disabling conditions.

Primary health care (PHC) is essential for the recognition and management of these illnesses. This role may be enhanced through: self management, general practitioners with a special interest (GPwSI) in respiratory care, respiratory practice nurses, clinical practice guidelines for asthma and COPD and spirometry programmes in primary care.

Our review examined these roles to discover their impact.

KEY FINDINGS

- Self-management programs appear to be beneficial in improving some asthma outcomes
- Screening spirometry is useful for distinguishing asthma and COPD. However, results should be carefully considered to avoid over-diagnosis, particularly in the elderly
- There was an absence of evidence that respiratory GPwSI services improved the management of mild to moderate asthma or COPD
- Studies have not demonstrated a clear benefit of practice nurse-run asthma or COPD clinics
- Clinical guidelines have been poorly implemented in primary health care
- Variations in study design, short follow-up periods and the fact that few studies included patients with mild to moderate disease made it difficult to reach firm conclusions

For more details, go to the [three page report](#)

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