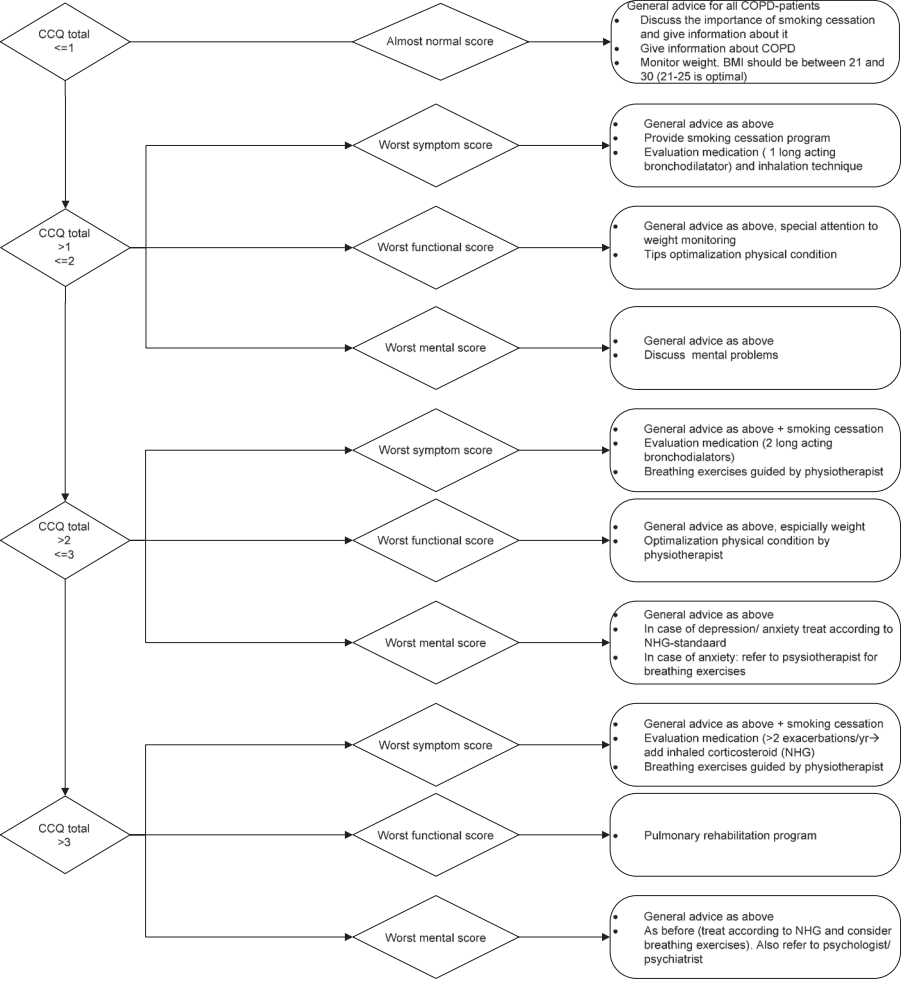
CCQ total <=1
Almost normal score
General advice for all COPD-patients
Discuss the importance of smoking cessation and give information about it
Give information about COPD
Monitor weight. BMI should be between 21 and 30 (21-25 is optimal)
CCQ total >1 <=2
Worst symptom score
General advice as above
Provide smoking cessation program
Evaluation medication (1 long acting bronchodilatator) and inhalation technique
Worst functional score
General advice as above, special attention to weight monitoring
Tips optimalization physical condition
Worst mental score
General advice as above
Discuss mental problems
CCQ total >2 <=3
Worst symptom score
General advice as above + smoking cessation
Evaluation medication (2 long acting bronchodialators)
Breathing exercises guided by physiotherapist
Worst functional score
General advice as above, espicially weight
Optimalization physical condition by physiotherapist
Worst mental score
General advice as above
In case of depression/ anxiety treat according to NHG-standaard
In case of anxiety: refer to psysiotherapist for breathing exercises
CCQ total >3
Worst symptom score
General advice as above + smoking cessation
Evaluation medication (>2 exacerbations/yr→ add inhaled corticosteroid (NHG)
Breathing exercises guided by physiotherapist
Worst functional score
Pulmonary rehabilitation program
Worst mental score
General advice as above
As before (treat according to NHG and consider breathing exercises). Also refer to psychologist/ psychiatrist