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### **Pocket guide for chronic obstructive pulmonary disease appointments**

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**Introduction:** Chronic Obstructive Pulmonary Disease (COPD) patients can be a real challenge for every doctor. For family physicians is important a holist approach of this patients and their comorbidities as they have a significant impact on the prognosis. The multitude of comorbidities in this patients is a challenge, not only to clinical practice, but also in terms of health resource management. Therefor is mandatory to access this comorbidities as they can be co-responsible for exacerbations.

#### **Objectives:**

- Update knowledge on COPD comorbidities;
- Raising awareness of the contribution of comorbidities in exacerbations;
- Structured approach in the assessment of comorbidities in COPD patients;

#### **Methods:**

- Pre-test - assessment of current knowledge.
- Oral presentation using multimedia presentation tools:
- Overview of COPD - Access comorbidities and their influence in COPD
- Evaluation of knowledge (post-test). - Pocket guide for comorbidities assessment.

**Results:** At the end of the session participants should be able to evaluate the comorbidities of a COPD patient, in a family physician appointment, in a structure way, taking into account the objectives outlined in this workshop.

**Discussion:** The diversity and complexity of comorbidities demands a standard approach that improves knowledge of the patient. The COPD patient is complex and requires a holist approach. This workshop will enable family physicians to integrate knowledge of comorbidities in their day to day practice in a structure and easy way.