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Screening for COPD from primary care

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Background & Aim: To determine the impact of the project to detect COPD in primary care with Vitalograph-COPD6, ('mini-pocket spirometer') validated by screening for COPD. Increasing prevalence of COPD in people assigned to our primary care center. Evaluate the effectiveness of an intervention in the standardized approach of smoking

Method: Cross-sectional study in an urban primary care center, 34.475 inhabitants (COPD prevalence 2% in 2014), from February to May 2015. We trained GPs and nursing, in performing the technique and the interpretation of vitalograph-COPD-6. We made a protocol registration software. Screening is done to patients ≥ 40 years with cumulative cigarette dose > 10 packs/year. Variables: sex, age, smoker or former-smoker, symptoms, FEV1(COPD6), FEV1/FEV6(COPD6). If FEV1(COPD6) $< 80\%$ or FEV1/FEV6(COPD6) < 0.75 will be required Chest X-ray and spirometry. Council minimal smoking cessation in patients with active smokers

Results: From the sample of 79 patients, we found 27% of vitalograph-COPD-6 altered, and spirometry was performed in all of them. COPD diagnosis is performed in 7.6% of the patients evaluating screening: average age 60 years(47-75), 83% men, 83% smokers, 100% symptomatic cough(83%), dyspnea grade I (50%), mucus(67%). It was a case of diagnosis of lung cancer. of the smokers, 74% received council minimal smoking cessation, and 26% started advanced intervention smoking cessation in nursing consultation; 50% attend follow-up visits for drug control, grip and motivational support.

Conclusions: The implementation of a new strategy structured opportunistic screening with the vitalograph-COPD-6 in the primary care consultations allowed us to achieve detect new cases of COPD with and without symptoms and optimize resources for the diagnosis of COPD. It is therefore important awareness among professionals be more active in screening and prevent under-diagnosis. The strategy can encourage the patient to raise awareness of smoking risks to which it is exposed and can motivate encourage the process of change and reflect on their behavior.