

# COPD Diagnosis Referral Pathways



South Eastern Sydney  
Division of General Practice Ltd

## MILD

Action Plan (if symptomatic)

Education regarding self management

Medication

Smoking Cessation

Advice on:

Exercise

Diet

Pulmonary Rehabilitation - if patient deconditioned

## MODERATE

Action Plan

Education regarding self management

Medications (multiple?)

Smoking Cessation

Dietician – If appropriate

Respiratory Physician – If symptoms are difficult to manage, diagnosis in doubt or occupational factors

Pulmonary Rehabilitation

Psychologist – if concerns about anxiety or depression.

## SEVERE

Action Plan

Education regarding self management

Medications (multiple)

Smoking cessation

Dietician – If required

Respiratory Physician

Pulmonary Rehabilitation

Psychologist – panic disorder is 10 times as prevalent in this group as in healthy peers.

Specialist Nurse Support

May require intervention from social worker to assist with daily activities