Supporting Physicians and the COPD CDM Incentive in the Fraser Health region

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(See attachments at the end of this article)

A provincial CDM incentive bonus has been extended to physicians for the clinical-guidelines management of patients with COPD. (see www.bcguidelines.ca). Fraser Health is supporting this incentive in the following ways:

- **Increasing the availability of spirometry tests for GPs and their patients throughout the region,** effective immediately through March 31, 2010. Spirometry testing is a requirement for billing the CDM fee.
- **Providing physicians with a lower main standardized spirometry referral requisition complete list of available spirometry testing sites,** with hours of operation and contact information. (See attached.)
- **Significantly reducing wait times for spirometry testing** at many sites including Burnaby, Delta, Ridge Meadows, Langley, Surrey and Peach Arch. These sites all have wait times under 2 weeks.
- **Responding to GPs’ requests to standardize spirometry interpretation** to ensure they receive information needed to accurately diagnose COPD (post bronchodilator: % predicted FEV1 and FEV1/FVC ratio).
- **Introducing the BCMA-approved COPD Patient Action Plan** to all Patient Education Services, including Pulmonary Rehabilitation programs. COPD Educators can assist GPs and patients with additional support around the Action Plan.
- **Preparing of a universal referral form** for all Lower Mainland COPD Education Services including Pulmonary Rehabilitation Programs, available by the end of the year.

The standarized forms, including the Spirometry Requestion, COPD Education/Pulmonary Rehab, and BCMA COPD Patient Action Plan, are being printed in pads and will be sent to every GP office soon.

- **Providing GPs and patients with continued access to Speciality COPD Clinics** for multi-disciplinary (including respirologist) assessment and treatment plan for suspected or confirmed COPD patients.
- **Providing continued access, with little or no wait-times, to Pulmonary Rehabilitation programs,** which significantly improve dyspnea, exercise endurance, quality of life and risk of hospitalizations following Acute Episode COPD. All Lower Mainland rehab programs provide comprehensive self-management education and supervised exercise programs.

For more information, we invite you to contact: Bev Beaudin or Joanne Terry at 604-514-6106

About Spirometry testing for diagnosis of COPD

Many COPD patients are diagnosed late in the disease process. An accurate early diagnosis can prevent under-treatment and hospital admissions for acute flare-ups.

Respirologists report that as many as 25% of COPD-identified patients do not actually have the condition, and are inappropriately treated because they did not have a spirometry test.
Who should have a spirometry test?

Patients > 40 years of age who are current or ex-smokers should undertake spirometry if they answer *yes* to any *one* of the following questions:

- Do you cough regularly?
- Do you cough up phlegm regularly?
- Do even simple chores make you short of breath?
- Do you wheeze when you exert yourself, or at night?
- Do you get frequent colds that persist longer than those of other people?

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