

BLACK COUNTRY
& WEST BIRMINGHAM STP

CHAIR: Dr Helen Ward

COPD

Inhaler Treatment Guidelines

June 2019

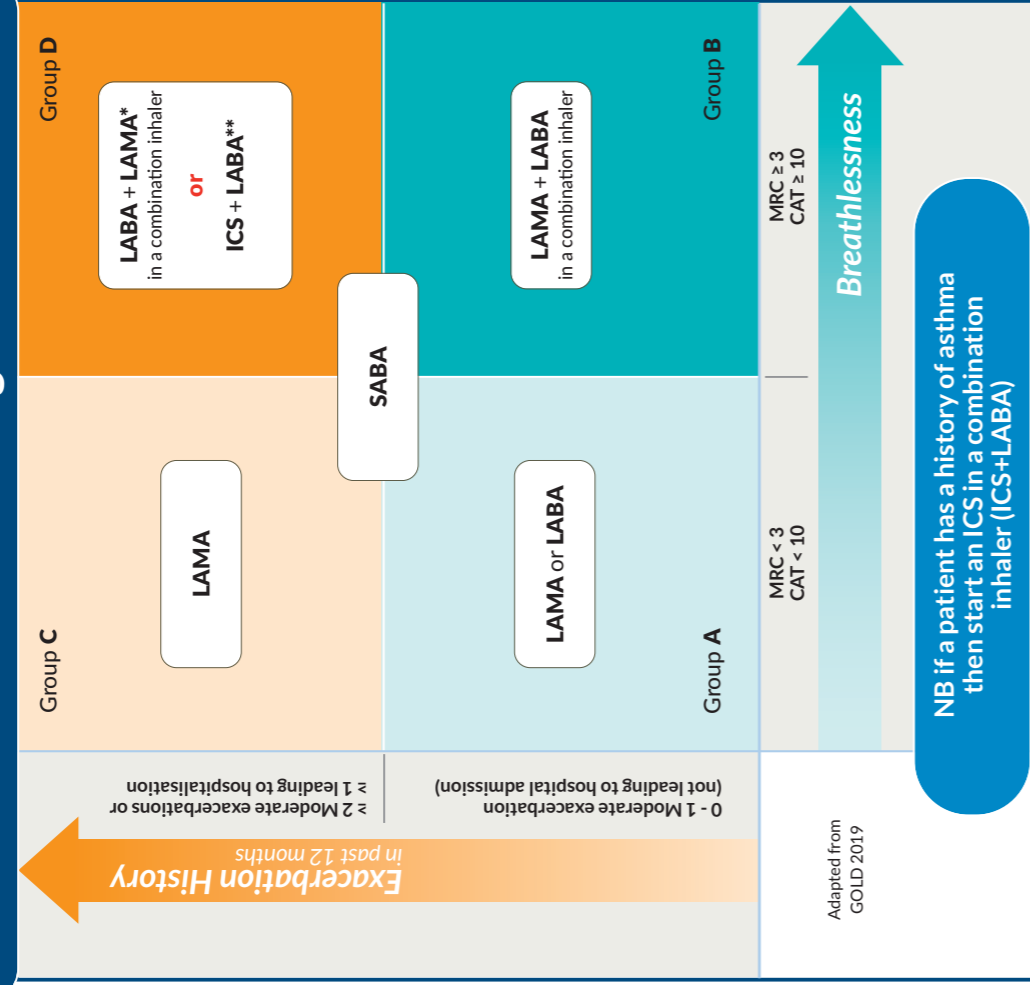
Adapted from GOLD 2019: NICE 2018



CHRONIC OBSTRUCTIVE PULMONARY DISEASE

Prescribe by brand

Initial Treatment at Diagnosis - ABCD



- Flu & Pneumonia Vaccination
- Smoking cessation
- Pulmonary rehabilitation
- Anxiety & depression
- Exercise
- Dietary advice
- Compliance & Inhaler technique
- Use a spacer with an MDI

Follow Up Treatment

(Whether early after Initial Treatment or after years of follow up)

- 1 IF RESPONSE TO INITIAL TREATMENT IS APPROPRIATE - MAINTAIN IT
- 2 IF NOT - see below - ASSESS - ADJUST - REVIEW

These recommendations do not depend on the ABCD Assessment at Diagnosis

History of Breathlessness or 0-1 exacerbations in last 12 months

LABA or LABA

LAMA + LABA in a combination inhaler

- Consider switching inhaler device or molecules
- Investigate (and treat) other causes of breathlessness

ICS + LABA

History of Exacerbations or ≥ 2 in last 12 months

LABA or LABA

LAMA + LABA in a combination inhaler

ICS + LABA in a combination inhaler

ICS + LABA + LABA

* Consider if highly symptomatic
 ** Consider if EOS ≥ 300 or a history of asthma
 *** Consider de-escalation of ICS or switch if pneumonia, inappropriate original indication or lack of response to ICS

SHORT ACTING BRONCHODILATORS

SABA Short Acting Beta₂ Agonists

Salbutamol MDI
100 micrograms
Two puffs as required
Salbutamol

Salamol Easi-Breathe MDI
100 micrograms
Two puffs as required
Salbutamol

Bricanyl Turbohaler
500 micrograms
One puff as required
Terbutaline

LONG ACTING BRONCHODILATORS

LAMA Long Acting Muscarinic Antagonist

Spiriva Respimat
2.5 micrograms
Two puffs once daily
Tiotropium

Eklira Genuair
322 micrograms
One puff twice daily
Acclidinium Bromide

Incruse Ellipta
55 micrograms
One puff once daily
Umeclidinium

REMEMBER: when you start a LAMA then STOP SAMA

LAMA + LABA in a combination inhaler

Spiolto Respimat
2.5/2.5
Two puffs once daily
Tiotropium / Olodaterol

Duaklir Genuair
340/12
One puff twice daily
Acclidinium / Formoterol

Anoro Ellipta
55/22
One puff once daily
Umeclidinium / Vilanterol

REMEMBER: When you start a LABA+LAMA combination inhaler Then STOP LABA or LAMA in separate inhalers

INHALED CORTICOSTEROIDS (ICS) in a combination Inhaler

Prescribe by brand

ICS + LABA in a combination inhaler

Fostair MDI
100/6
Two puffs twice daily
Beclometasone / Formoterol

Symbicort MDI
200/6
Two puffs twice daily
Budesonide / Formoterol

Symbicort Turbohaler
400/12
One puff twice daily
Budesonide / Formoterol

Fostair Nexthaler
100/6
Two puffs twice daily
Beclometasone / Formoterol

Relvar Ellipta
92/22
One puff once daily
Fluticasone Furoate / Vilanterol

Licensed if FEV₁ < 50%

Licensed if FEV₁ < 50%

Licensed if FEV₁ < 70%

ICS + LABA+LAMA in a combination inhaler

Trimbow MDI
87/5/9
Two puffs twice daily
Beclometasone / Formoterol / Glycopyrronium

Trelegy Ellipta
92/55/22
One puff once daily
Fluticasone Furoate / Umeclidinium / Vilanterol

REMEMBER: when you start a (ICS+LABA) or (ICS+LABA+LAMA) in a combination inhaler then STOP LABA & /or LAMA separate inhaler

KEY

- SABA - Short Acting Beta₂ Agonist
- SAMA - Short Acting Muscarinic Antagonist
- LABA - Long Acting Beta₂ Agonist
- LAMA - Long Acting Muscarinic Antagonist
- ICS - Inhaled Corticosteroids
- MDI - Metered Dose Inhaler
- EOS - Blood Eosinophil Count

- MRC - Medical Research Council Breathlessness Score
- CAT - COPD Assessment Test