

BLACK COUNTRY  
& WEST BIRMINGHAM STP

CHAIR: Dr Helen Ward

# COPD

Inhaler Treatment Guidelines

June 2019

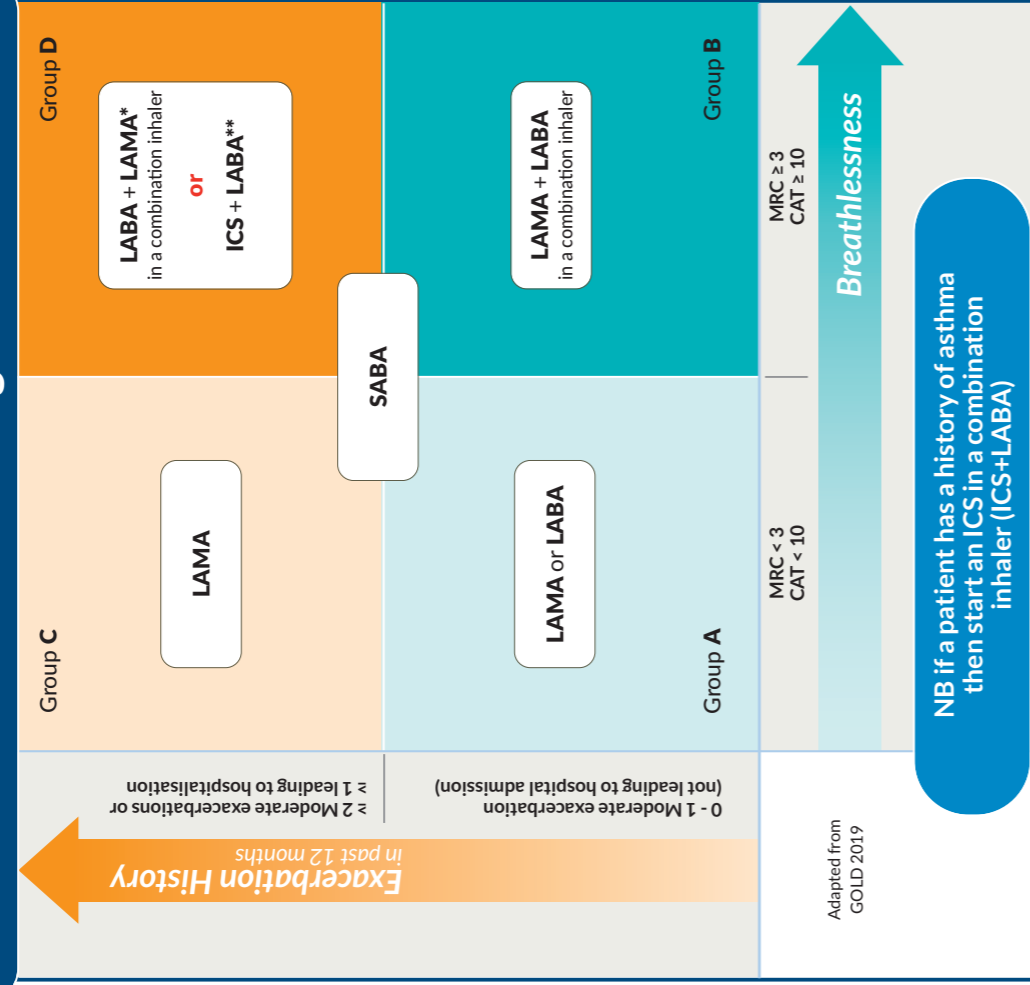
Adapted from GOLD 2019: NICE 2018



## CHRONIC OBSTRUCTIVE PULMONARY DISEASE

Prescribe by brand

### Initial Treatment at Diagnosis - ABCD



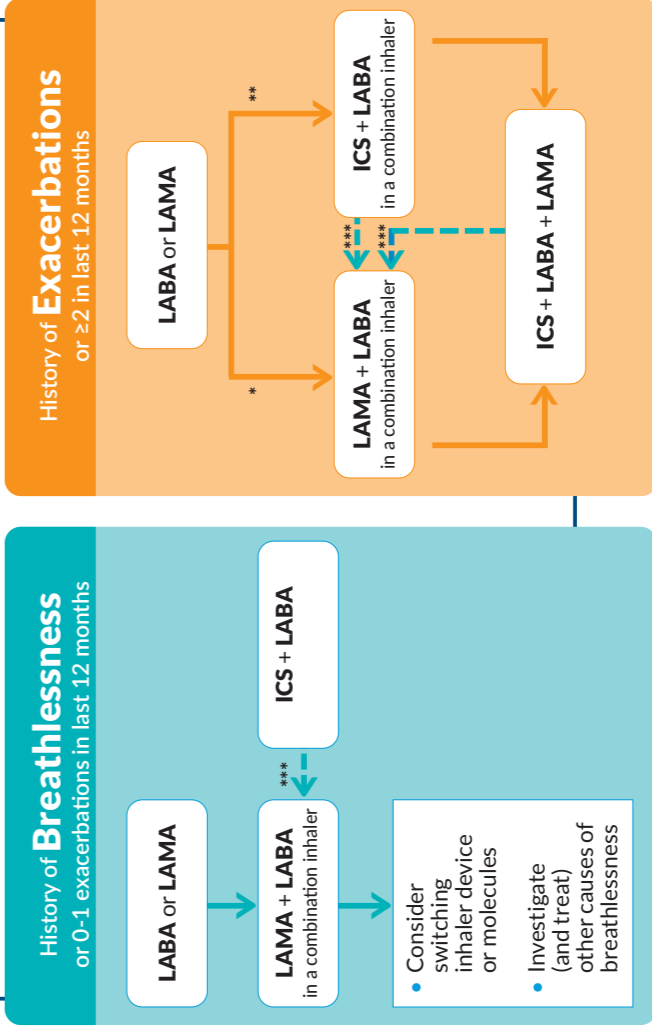
- Flu & Pneumonia Vaccination
- Smoking cessation
- Pulmonary rehabilitation
- Anxiety & depression
- Exercise
- Dietary advice
- Compliance & Inhaler technique
- Use a spacer with an MDI

### 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



\* 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 Beta<sub>2</sub> 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

**Increase 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 FEV<sub>1</sub> < 50%

Licensed if FEV<sub>1</sub> < 50%

Licensed if FEV<sub>1</sub> < 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 Beta<sub>2</sub> Agonist
- SAMA - Short Acting Muscarinic Antagonist
- LABA - Long Acting Beta<sub>2</sub> 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