

Summary of treatment for COPD (Hong Kong Thoracic Society, 2003)

Therapy at Each Stage of COPD					
Stage	0: At Risk	I: Mild	II: Moderate	III: Severe	IV: Very Severe
Characteristics	<ul style="list-style-type: none"> chronic symptoms exposure to risk factors normal spirometry 	<ul style="list-style-type: none"> FEV₁ / FVC < 70% FEV₁ ≥ 80% with or without symptoms 	<ul style="list-style-type: none"> FEV₁ / FVC < 70% 50% < FEV₁ < 80% with or without symptoms 	<ul style="list-style-type: none"> FEV₁ / FVC < 70% 30% < FEV₁ < 50% with or without symptoms 	<ul style="list-style-type: none"> FEV₁ / FVC < 70% FEV₁ < 30% or presence of chronic respiratory failure or right heart failure
Dyspnoea Score (Modified MRC Score)	All	Grade 1 & 2	Grade 3	Grade 4	Grade 5
	Avoidance of risk factor(s); influenza vaccination				
	Add short-acting bronchodilator when needed				
	<ul style="list-style-type: none"> Add regular treatment with one or more short-acting bronchodilators Consider referring to chest physicians Consider add regular treatment with one or more long-acting bronchodilators including oral theophyllines (beware of narrow therapeutic window) if symptoms not well controlled with a combination of bronchodilators Add rehabilitation 				
	Add inhaled glucocorticosteroids if repeated exacerbations				
	Add long-term oxygen if chronic respiratory failure Consider surgical treatments				

Modified Medical Research Council (MRC) Dyspnoea Score

- Grade 1: I only get breathless with strenuous exercise.
- Grade 2: I get short of breath when hurrying on the level or walking up a slight hill.
- Grade 3: I walk slower than people of the same age on the level because of breathlessness, or I have to stop for breath when walking on my own pace on the level.
- Grade 4: I stop for breath after walking about 100 yards or after a few minutes on the level.
- Grade 5: I am too breathless to leave the house or I am breathless when dressing or undressing.

* Should there be disagreement between FEV1 & dyspnoea scale, follow dyspnoea scale in clinical practice.