



The 10-minute consultation: chronic obstructive pulmonary disease

Rationale

The length of consultations varies, but the average length is 10 minutes. In addition, a new GP curriculum was introduced in the UK in 2007, with re-evaluation for practicing GPs; revalidation through continuing medical education is already the standard in other countries. *The 10-minute consultation* series of pocketbooks aim to develop clinicians' history-taking and clinical examination skills, as well as provide detailed information on the management options available in primary care, with emphasis on when to refer (and when not to refer) for specialist investigations and treatments. The pocketbook format is concise and portable, and key points are highlighted for quick reference, either as a memory aid or for day-to-day use on the clinical frontline.

The 10-minute consultation: chronic obstructive pulmonary disease

COPD commonly presents as breathlessness in both smokers and exsmokers. Accurate differential diagnosis of the clinical signs and symptoms of COPD is a key competency for GPs, and management of COPD is, therefore, an essential part of health promotion.

The 10-minute consultation: chronic obstructive pulmonary disease provides a holistic approach to the assessment and management of COPD, outlining the principles for good inhaler technique and stressing the importance of ongoing patient review and recall to ensure delivery of high-quality, evidence-based treatment.

Authorship

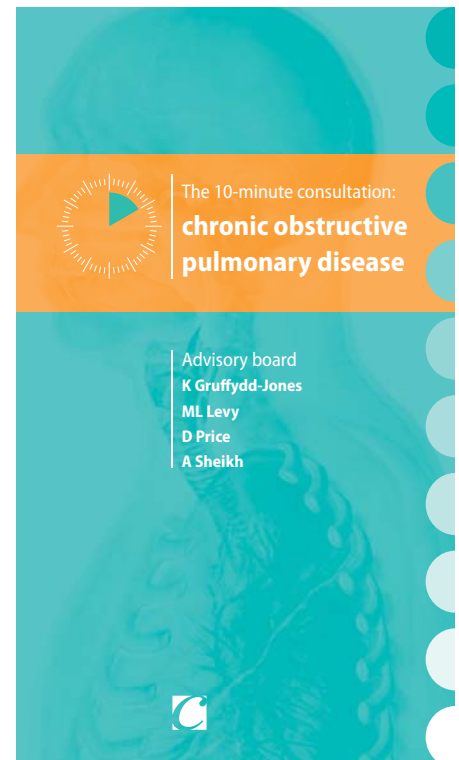
The 10-minute consultation author team is composed of GPs and specialist clinical reviewers who together ensure that the content of our books is authoritative and current. We work closely with an advisory board of GPs from the specialty of primary care and respiratory disease whose role is to ensure the accuracy, quality and integrity of the content. By using a team of experienced and highly regarded GPs from the respiratory disease specialty, we aim to draw on their clinical experience within the field, closely reflecting the needs of the readers.

Summary

The 10-minute consultation: chronic obstructive pulmonary disease provides clinicians with an invaluable source of information on COPD in primary care and highlights the most appropriate diagnostic and management options.

Key objectives for the reader:

- To understand that COPD is associated with significant morbidity and mortality
- To understand the epidemiology and risk factors for development of COPD
- To understand how COPD can be identified in primary care, including which diagnostic tests are used and how the results are clinically interpreted
- To understand how COPD is clinically differentiated from asthma
- To understand how to competently manage COPD in primary care and promote a healthy lifestyle, particularly smoking cessation
- To promote the correct use of respiratory inhalers
- To understand the indications for specialist referral



Audience

- ✓ Medical students
- ✓ **Primary care:** GPs, Nurses, Pharmacists
- ✓ **Secondary care:** Nurse specialists, Junior doctors

"Using a clear bulleted style, The 10-minute consultation: COPD not only answers the practical questions about how to diagnose and treat COPD, but also provides an insight into the key evidence that informs management guidelines. I predict this book will become an indispensable guide to GPs and nurses caring for people with COPD in primary care."

Dr Hilary Pinnock, a member of the education sub-committees of the GPIAG and International Primary Care Respiratory Group

"This is a marvelously accessible small pocketbook, enabling clinicians to gain immediate access to pivotal information in the diagnosis and management of COPD, and I commend it highly."

Professor Stephen T Holgate on behalf of the UK Respiratory Research Consortium

Specification

International Editorial Advisory Board
Paperback: 72 pages
Product dimensions: 110 x 190 mm
Binding: perfect bound
Colour: 4-colour cover; 2-colour text
ISBN: 978-1-905982-02-8





Table of contents

1. Introduction

- What is the spectrum of disease?
- What is the main cause of disease?
- What is the burden of disease?

2. Who and what to test

- Screening and case finding
- What issues should the GP cover during the 10-minute consultation?
- Differential diagnosis: asthma, lung cancer and other chronic lung diseases

3. How to manage the patient with COPD

- Who to treat?
- How to treat?
- What is the value of treating COPD?
- What are the treatment targets?
- General lifestyle advice
- Airflow obstruction and COPD
- What are the benefits of immunization?
- How are acute exacerbations of COPD prevented and managed?

4. Person-centred care

- How to identify the patient's beliefs about COPD (their concerns and expectations)?
- What are the patient's cultural beliefs and practices?
- How to recognise nonconcordance with treatment strategies?
- Are any treatments particularly appropriate?

5. Applying the evidence

- What are the implications of the international best-practice guidelines for GPs?
- Selected landmark studies
- GP prescribing options for tackling COPD in primary care: a summary
- When to refer?

6. Review and recall of the patient with COPD

- What ongoing patient care, monitoring and follow-up are necessary?
- What role do other key healthcare workers have in managing the patient?
- What is the role of information technology (IT)?
- What is the role of the expert patient?

Further reading

Bulk distribution

All our publications are available for bulk distribution in markets around the world and have proved extremely popular with industry sponsors as key educational items for clinicians. We can offer significant discounts for purchasing in bulk and across related titles. Other opportunities include: translated versions, custom covers, bookmarks, bellybands, competitive print lead times, tailored deliveries to suit rep visits and/or direct mailings, an efficient and friendly customer service.

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Sarah Findlay
Editorial Director

Cedilla Publishing Limited
PO Box 58871
London SE15 9BE
UK

Direct tel: +44 (0)7794 485294
Email: sarah@cedillapublishing.com

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