



COPD Whanau Wellness Assessments

A 60-minute appointment provided free to the patient.

Appointment and outcomes to include:

• Symptom/exacerbation review.
• Medication review (including compliance, acceptability, and inhaler technique review where appropriate).
• Consideration of treatment escalation/change according to outcome of symptom/exacerbation/medication review.
• Winter and scheduled immunisation review (flu, covid, pertussis, pneumococcal and any scheduled imms overdue).
• Smoking status and brief advice where appropriate.
• Patient education about COPD and self-management advice.
• Providing personal COPD action plan.
• Psychosocial review.
• Consider enrolment on KOV if not enrolled.
• Whanau Tahi care plan to be updated if patient enrolled on KOV (at this or subsequent KOV appointment).

Prescribing outcomes (where appropriate):

• Issue of back pocket script for appropriate antibiotic and steroid for self-management of exacerbations; <i>Consider providing a back pocket script for an appropriate antibiotic and prednisone if the patient has suffered an exacerbation requiring antibiotics and/or prednisone within the last 12 months. Enter the antibiotic type and length of course for an exacerbation (usually 5-7 days) and the prednisone regimen (usually 40mg daily for 5 days) in the patient's COPD Action Plan.</i>
• Step up/alternative inhaler(s).
• Smoking cessation prescribing.

Onward referrals (where indicated) – within practice or external.

• Provide any immunisations due.
• Spirometry if never done, or 3+ years ago.
• Pulmonary rehabilitation – if never referred or attendance 6+ months ago; (there are limited services available, however we ask that you still refer as this will capture unmet need in the community)
• Consider Green prescription referral if appropriate.
• Smoking cessation referral.
• Consider self-learning: videos, reading material, connect pt to Asthma and Respiratory Foundation
• Internal referrals as indicated by consult e.g., HIP/health coach/social worker/GP.
• External referral as indicated e.g., NASC, carer support, specialist review.

COPD Whanau Wellness (COPD WW) Assessment.

• ALL nurses doing assessments will need to complete the online Asthma and COPD Fundamentals eLearning Course 3 months after starting these assessments.
• The course is fully funded by Mahitahi

Version 2: COPD Whanau Wellness Reviews Checklist			
Created	18/03/2024	Last Updated	10am 27/02/2025

- If after 3 months the practice have not completed the online training Mahitahi will not be able to fund the COPD WW Assessments until staff doing the assessments have completed the training.

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