

OVERVIEW OF “CHRONIC LUNG DISEASE” FAMILY PRACTICE SKILLS COURSE

A/Prof Goh Lee Gan

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INTRODUCTION

The theme of this Family Practice Skills Course is on chronic lung disease and the focus is on chronic obstructive pulmonary disease (COPD). COPD is the number 6 out of the 10 chronic diseases spot-lighted under the Ministry of Health's Chronic Disease Management Programme (CDMP) to be chosen.

There are now enough new things about COPD to justify a skills course with the disease taking the limelight. Thanks are due again to the many people who make this course a worthwhile experience for the course participants: all the speakers, writers and chairpersons who have made the delivery of this course possible. This Family Practice Skills Course is supported by an educational grant from Boehringer Ingelheim and we need to thank them too.

For the course participants we are very happy that the speakers have taken the time and effort to write a set of notes for The Singapore Family Physician. As the articles in The Singapore Family Physician are available at the College website 24/7, the dissemination of current information will be widened. We look forward to the participation of family physicians in this Skills Course.

COURSE OUTLINE AND CME POINTS

This Family Practice Skills Course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

Components and CME Points

- Distance Learning Course – 6 units (6 Core FM CME points upon attaining a minimum pass grade of 60% in Distance Learning Online MCQ Assessment)
- 2 Seminars (2 Core FM CME points per seminar)
- 2 Workshops (1 Core FM CME point per workshop)
- 10 Readings – read 5 out of 10 recommended journals (maximum of 5 CME points for the whole CME year)

GOH LEE GAN, Professorial Fellow, Division of Family Medicine, University Medicine Cluster, National University Health System
Director of Academic Development, Institute of Family Medicine, College of Family Physicians Singapore

Distance Learning Course

Unit 1: Epidemiology of Chronic Obstructive Pulmonary Disease (COPD)

A/Prof Ng Tze Pin

Unit 2: Guidelines for COPD & Non-pharmacological Interventions

A/Prof Lee Pyng

Unit 3: A New GOLD Standard – Pharmacological Interventions of COPD

Adjunct Assistant Prof Augustine Tee

Unit 4: The Overlap Syndrome of Asthma & COPD

Dr Ong Kian Chung

Unit 5: Pulmonary Rehabilitation

Dr Ong Kian Chung

Unit 6: Community Care: A Team Based Approach to Managing Chronic Lung Disease

Dr Gerald Chua

COURSE TOPIC DETAILS

Unit 1: Epidemiology of Chronic Obstructive Pulmonary Disease (COPD)

- Introduction
- Clinical epidemiology
- Medical comorbidity
- Clinical profile
- Population prevalence and risk factors

Unit 2: Guidelines for COPD & Non-pharmacological Interventions

- Introduction
- Lung Function Decline
- Role of Exacerbations
- Current Approach to COPD Management

Unit 3: A New GOLD Standard – Pharmacological Interventions of COPD

- Introduction
- Focus on Symptom Evaluation into 4 Category Classification
- Matching Pharmacological Management to 4 Category Classification
- Advice from GOLD 2011 Update
- Conclusion

Unit 4: The Overlap Syndrome of Asthma & COPD

- Introduction
- What is it?
- How big is it?
- Why is it important?
- How to deal with it?
- Conclusion

Unit 5: Pulmonary Rehabilitation

- Introduction
- Definition
- Effects of pulmonary rehabilitation
- Factors related to mortality in COPD
- The place of pulmonary rehabilitation programme
- Components of pulmonary rehabilitation
- Post-exacerbation reduction of exacerbations
- Maintaining benefits and integrating care
- Conclusion

Unit 6: Community Care: A Team Based Approach to Managing Chronic Lung Disease

- Introduction
- The Integrated Care Pathway
- The COPD ICP Team Approach
- Conclusion

FACE-TO-FACE SESSIONS**Seminar 1: 11 May 2013, 2.00pm – 4.00pm**

Unit 1: Epidemiology of Chronic Obstructive Pulmonary Disease (COPD)

A/Prof Ng Tze Pin

Unit 2: Guidelines for COPD & Non-pharmacological Interventions

A/Prof Lee Png

Unit 3: A New GOLD Standard – Pharmacological Interventions of COPD

Adjunct Assistant Prof Augustine Tee

Workshop 1: 11 May 2013, 4.30pm – 5.30pm

Case Studies: Mild, Moderately Severe and Severe COPD Patient

Adjunct Assistant Prof Augustine Tee

Seminar 2: 12 May 2013, 2.00pm – 4.00pm

Unit 4: The Overlap Syndrome of Asthma & COPD

Dr Ong Kian Chung

Unit 5: Pulmonary Rehabilitation

Dr Ong Kian Chung

Unit 6: Community Care: A Team Based Approach to Managing Chronic Lung Disease

Dr Gerald Chua

Workshop 2: 12 May 2013, 4.00pm – 5.30pm

Inhaler Techniques; Spirometry Use and Interpretation

Dr Ong Kian Chung