

## WORKSHOP

# CHRONIC OBSTRUCTIVE PULMONARY DISEASE

### DATE & TIME

November 18<sup>th</sup>; 14:30 – 17:00

### LOCATION

Edifício Egas Moniz

Faculdade de Medicina da Universidade de Lisboa

Avenida Professor Egas Moniz, 1649-028 Lisboa – Portugal

> [Location](#) on Google Maps®

### SPEAKER

**Catarina Teles Martins, MD**

Pneumologist

Intensive Care Unit

Hospital de Santa Maria, CHLN

### DURATION

3h

### MAXIMUM PARTICIPANTS

25 participants

### PRICE

30€ per participant

### LANGUAGE

English; Portuguese optional if all participants agree

## GOALS

- > Learn and discuss basic and advanced concepts about COPD
- > Getting involved in practical concepts of inhalators used in COPD

Adapted from the practical course of COPD in primary care with the scientific sponsorship of *Sociedade Portuguesa de Pneumologia* and *Fundação Portuguesa do Pulmão*.

## PROGRAMME

1. Objectives and course layout (10 min)
2. Evaluation (15 min)
3. Module A: Diagnosis and clinical approach on COPD (35 min)
  - A.1 Definition of COPD
  - A.2 Epidemiology: prevalence & risk factors
  - A.3 Pathophysiology
  - A.4 Diagnosis: symptoms & spirometry
  - A.5 Classification, exacerbations, multifactorial approach – GOLD
  - A.6 Comorbidities
4. Module B: Treatment of COPD (45 min)
  - B.1 Non-pharmacological: smoke cessation, vaccination, respiratory rehabilitation
  - B.2 Pharmacological: treatment objectives, therapeutic classes, GOLD groups and recommendations, inhalators
  - B.3 Referral to Pneumology
5. Break (15 min)
6. Module C: Clinical practice - hands on (45 min)
  - C.1 Devices
7. Evaluation (15 min): multiple choice theoretical test and practical evaluation