

COPD: Beyond the Lung Programme

Programme Overview:

People living with COPD rarely have disease confined to the lungs. Cardiovascular disease, type 2 diabetes, chronic kidney disease, anxiety, depression, osteoporosis and frailty are highly prevalent and significantly influence symptoms, exacerbation risk, hospital admission and mortality.

This two-module workshop explores the most common co-morbidities associated with COPD and supports clinicians to move from reactive respiratory care to proactive, integrated long-term condition management.

Designed specifically for primary care, the programme builds confidence in identifying, assessing and optimising co-morbid conditions alongside respiratory management.

Educational Framework:

This programme follows a consistent evidence-based pathway:

- Normal Structure and Function (*Systemic Physiology*)
- Shared Aetiology and Pathophysiological Links
- Clinical Expression and Diagnostic Challenges
- Assessment and Risk Stratification in Primary Care
- Integrated Management and Optimisation

Why This Framework Matters:

COPD rarely exists in isolation.

Effective management requires moving beyond airway obstruction to recognise and treat the interconnected drivers of morbidity and mortality.

This structured educational pathway supports:

- Deeper clinical understanding
- Safer prescribing
- Earlier identification of co-morbid disease
- Improved long-term outcomes
- Reduced healthcare utilisation

Programme Aim:

To develop the knowledge and clinical confidence required to recognise and manage the most common co-morbidities associated with COPD, supporting safer, integrated, risk-based care in primary care settings.

Learning Objectives:

By the end of the programme, participants will be able to:

- Recognise the most prevalent co-morbidities associated with COPD and understand the shared pathophysiological mechanisms linking respiratory, cardiovascular, metabolic and renal disease.

Respiratory Education for Primary Care

- Identify red flags, screening opportunities and risk indicators for cardiovascular disease, heart failure, type 2 diabetes, chronic kidney disease, anxiety, depression, osteoporosis and frailty in people living with COPD.
- Integrate co-morbidity assessment into routine COPD review, applying a structured, risk-based approach to optimise pharmacological and non-pharmacological management in line with national guidance.

Programme Structure:

- Two structured live workshops
- Case-based discussion and practical application
- Supporting in-depth eLearning
- CPD certificate provided on completion