

Chronic obstructive pulmonary disease (COPD)

Key facts

- Chronic obstructive pulmonary disease (COPD) is a life-threatening lung disease that interferes with normal breathing – it is more than a “smoker’s cough”.
- An estimated 64 million people have COPD worldwide in 2004.¹
- More than 3 million people died of COPD in 2005, which is equal to 5% of all deaths globally that year.
- Almost 90% of COPD deaths occur in low- and middle-income countries.
- The primary cause of COPD is tobacco smoke (through tobacco use or second-hand smoke).
- The disease now affects men and women almost equally, due in part to increased tobacco use among women in high-income countries.
- COPD is not curable, but treatment can slow the progress of the disease.
- Total deaths from COPD are projected to increase by more than 30% in the next 10 years without interventions to cut risks, particularly exposure to tobacco smoke.

Chronic obstructive pulmonary disease (COPD) is a lung ailment that is characterized by a persistent blockage of airflow from the lungs. It is an under-diagnosed, life-threatening lung disease that interferes with normal breathing and is not fully reversible. The more familiar terms of chronic bronchitis and emphysema are no longer used; they are now included within the COPD diagnosis.

QUESTIONS: (Express your ideas)

- 1. What is chronic obstructive pulmonary disease?**
- 2. What are the signs and symptoms of chronic obstructive pulmonary disease?**
- 3. What are the nursing interventions for a patient who has COPD?**
- 4. What type of countries does COPD mostly occur? Why?**
- 5. What do you think should be done in order to reduce the number of cases of COPD?**
- 6. What can you suggest to a person who smokes?**

Source: WHO