

People with COPD should have the COVID-19 vaccinations in line with national recommendations.⁽⁶⁹³⁾ COVID-19 vaccines are highly effective against SARS-CoV-2 infection requiring hospitalization, ICU admission, or an emergency department or urgent care clinic visit, including those with chronic respiratory disease.^(693,694)

PHARMACOLOGICAL TREATMENT OF STABLE COPD

We propose a tailored approach to initiate treatment based on the level of symptoms and risk for exacerbations. Treatment can be escalated/de-escalated based on the presence of the predominant symptoms (treatable traits) of breathlessness and exercise limitation, and the continued occurrence of exacerbations whilst on maintenance therapy. The basis for these recommendations was partly derived from evidence generated from randomized controlled trials. However, as these recommendations are intended to support clinician decision-making, they also incorporate expert advice based on clinical experience.

Initial pharmacotherapy should be based on the patient's GOLD group (**Figure 3.7**). Patients should be offered guidance and follow up on self-management of breathlessness, and stress management, and be given a written action plan (**Figure 3.13**). Comorbidities should be managed as per specific guidelines, irrespective of the presence of COPD (**Figure 3.2**).

