

Research Ideas on Respiratory Conditions and Tobacco Dependency Abstract

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What is the prevalence of Chronic Obstructive Pulmonary Disease (COPD) undiagnosed in the user population of two urban health care centers?

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Research Question: To establish the prevalence of undiagnosed COPD in the user population of two urban Health Care Centers (CS) and the sociodemographic and clinical characteristics of these subjects

Background: COPD is an underdiagnosed disease in our context. Primary Care is the proper healthcare level to identify this patients at early stages to develop initial assistance.

Possible methodology: (eg research methods, design, population, recruitment, funding): Cross-sectional descriptive or prevalence observational study. In Primary Care (two urban CS). User population of two Health Centers located in Málaga (Andalusia, Spain).

A non-probabilistic sampling of patients attending a consultation on demand and who agree to participate by signing the informed consent is performed. Each subject will have a personal interview to determine if they meet criteria to be included and collect clinical information. The COPD-PS (Chronic Obstructive Pulmonary Disease-Population Screener) questionnaire and the spirometric test with the Vitalograph-COPD-6 portable device. If either were positive, he would perform a forced spirometry (EF) and the bronchodilation test. The degree of severity of COPD obstruction would be classified according to the GOLD standard.

- Variables: Dependent variable: undiagnosed COPD. Independent variables: age, sex, tobacco consumption pattern (year-package index), obstructive pattern (GOLD), education, income, employment status, activity, marital status, personal background (HTA, DM, DLP, obesity, ischemic heart disease, stroke, neoplastic process, mental illness), treatment with psychotropic drugs, dyspnea through the modified dyspnea scale of the Medical Research Council (mMRC), subjective difficulty of patients for the tests performance (Borg scale), medical quota.

-Statistic analysis: Descriptive cross-sectional analysis of all variables, bivariate analysis of the dependent variable and multivariate analysis to determine the contribution of each explanatory variables on the outcome, taking into account the confusing factors.

Questions to discuss:

- Applicability: The project will help us know the clinical and sociodemographic characteristics of users with COPD, determine the percentage of underdiagnosed women, describe the smoking habit or exposure to tobacco of the diagnosed subjects, describe the prevalence of non-smoking COPD subjects. We will also classify the patients diagnosed according to Functional Stages (GOLD) and the FEV1 parameter after performing the spirometry with bronchodilator test, knowing their starting point and assessing evolution with a systematic record.

Additionally, the validity of the COPD-6 device will be established by comparing it with the spirometry values as a reference test.

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