



July 2004, Volume 94, No. 7 (Part 2)

Editor

DANIEL J NCAYIYANA

Deputy Editor

J P DE V VAN NIEKERK

Assistant Editor

EMMA BUCHANAN

Technical Editors

JULIA CASCIOLA
MARIJKE MAREE
PAULA VAN DER BIJL

Contributing Editor

FRED N SANDERS

Senior News Journalist

CHRIS BATEMAN
Tel. (021) 530-6537

Manuscript Tracking

RENÉ SEGERS
Tel. (021) 530-6529

Head of Publishing

PETER ROBERTS

Production Manager

ROBERT ARENDSE

Production Co-ordinator

HEIDI DU TOIT

Projects Manager

BRONWYNNE SCHNIDER

Recruitment Advertising

VANESSA SAMPSON
Tel. (021) 530-6549
E-mail: vanessas@samedical.org

DTP & Design

SIOBHAN CAULFIELD

Distribution Manager

EDWARD MACDONALD

Advertising Enquiries

DIANE SMITH
SIPHOKAZI JAKAVULA
TSHEPO MAHLANGU
LISA PRINSLOO
Tel. (012) 481-2082

Publications Committee

R E KIRSCH (*Chair*)
B MAYOSI (*Vice-Chair*)
J TERBLANCHE
N MABASA
M LUKHELE
M VELLER

Associate Editors

H M COOVADIA (*Natal*)
D J DU PLESSIS (*Pretoria*)
J IPUTO (*Transkei*)
R E KIRSCH (*UCT*)
B MAYOSI (*UCT*)
H ODENDAAL (*Stellenbosch*)
A D ROTHBERG (*Wits*)
C F VAN DER MERWE (*MEDUNSA*)

ISSN 0256-9574

PRINTED BY INCE (PTY) LTD.

RESPIRATORY CLINICAL GUIDELINES

GUIDELINE FOR THE MANAGEMENT OF CHRONIC OBSTRUCTIVE PULMONARY DISEASE: 2004 REVISION

ABSTRACT

1. MANAGEMENT SUMMARY	559
2. INTRODUCTION	560
3. DEFINITIONS	561
4. EPIDEMIOLOGY OF COPD	561
5. OBJECTIVES	561
6. GOALS OF MANAGEMENT	561
6.1 Recognition of disease (early diagnosis and staging of severity)	561
6.1.1 Spirometry	562
6.1.2 Assessment of severity of COPD	563
6.1.3 Progression of disease and prognosis	563
6.1.4 Chest radiography	564
6.1.5 An integrated management plan for COPD	564
6.2 Smoking cessation (primary and secondary prevention)	565
6.2.1 Smoking cessation programmes	565
6.2.2 Factors that contribute to a successful programme	565
6.2.3 Awareness programmes	566
6.2.4 Other preventive measures	566
6.3 Improvement of breathlessness (treatment of airflow obstruction)	566
6.3.1 Mild disease	566
6.3.2 Moderate and severe disease	566
6.3.3 Notes on bronchodilators	566
6.3.4 Notes on corticosteroids	568
6.3.5 Mucolytics and mucokinetic agents	568
6.3.6 Chest physiotherapy	569
6.3.7 Other anti-asthma drugs	569
6.3.8 Venesection	569
6.3.9 Other procedures and techniques	569
6.4 Improving quality of life (pulmonary rehabilitation and education)	569
6.4.1 Education	569
6.4.2 Physical conditioning	569
6.4.3 Psychological support	569
6.4.4 Nutrition	569
6.4.5 Long-term domiciliary oxygen therapy (LTDDOT)	570
6.5 Prevention and treatment of exacerbations of COPD	570
6.5.1 Definition, natural history and diagnosis of exacerbations	570
6.5.2 Prevention of exacerbations	571
6.5.3 Management of exacerbations	571



CONTENTS



Contents listed in

INDEX MEDICUS (MEDLINE).
EXCERPTA MEDICA (EM BASE).
BIOLOGICAL ABSTRACTS (BIOSIS).
SCIENCE CITATION INDEX
(SCISEARCH). CURRENT
CONTENTS/CLINICAL MEDICINE

Unless otherwise stated, opinions expressed in the editorial columns of the SAMJ should not be taken as reflecting official South African Medical Association policy. The appearance of advertising in the Association's publications does not denote a guarantee or an endorsement by the Association of the products or the claims made for the products by the manufacturers.

Subscription rates, 2004

Local subscriptionsR534.00 p.a.
Foreign subscriptionsUS\$145.00 p.a.
Single copiesR50.00
Members of the Association receive the SAMJ only on request, as part of their membership benefit.

Subscriptions
MARIETHA GRAHAM,
Tel. (012) 481-2010
E-mail: mariethag@samedical.org

The SAMJ is published on the first of the month by SA Medical Association Health and Medical Publishing Group. Suites 1-2, Lonsdale Building, Gardener Way, Pinelands, 7405

All letters and articles for publication should be addressed to the Editor, Private Bag X1, Pinelands, 7430. Tel. (021) 530-6520. Fax (021) 531-4126. E-mail: publishing@samedical.org Website: www.samedical.org

© Copyright 2000 by SA Medical Association
This work is copyright under the Berne Convention. It is also copyright in terms of the Copyright Act 98 of 1978. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without permission of the copyright holder.

6.6	Prevention and treatment of complications	572
6.6.1	Treatment of right heart failure	572
6.6.2	Anticoagulant treatment	572
6.6.3	Miscellaneous	573
7.	ADDITIONAL CONSIDERATIONS	573
7.1	Sleep in COPD	573
7.2	Surgery for emphysema	573
7.3	COPD and surgery	573
7.4	Air travel	573
8.	PROCESS	573
9.	REFERENCES	574
	ANNEXURE A. THE SIX-MINUTE WALK DISTANCE (6-MWD)	574
	ANNEXURE B. TERMINOLOGY AND TREATMENT OF BRONCHIAL INFECTIONS	574

GUIDELINE FOR OFFICE SPIROMETRY IN ADULTS, 2004

	ABSTRACT	576
1.	ABBREVIATIONS	576
2.	INTRODUCTION	576
3.	DEFINITIONS	576
4.	INDICATIONS FOR SPIROMETRY	577
5.	SPECIFICATIONS FOR SPIROMETERS	578
5.1.	Proof of validation	578
5.2.	Calibration	579
6.	RESPONSIBILITIES OF OPERATORS	579
6.1.	Skills	579
6.2.	Quality assurance	579
6.3.	Infection control	580
7.	PREPARATION OF SUBJECTS	580
7.1.	Exclusion criteria	580
7.2.	Personal information	580
7.3.	Positioning and preparation	580
8.	EXECUTION OF TESTS	581
8.1.	Test manoeuvres	581
8.2.	Test quality	581
9.	INTERPRETATION OF RESULTS	582
9.1.	Selection of the best test	582
9.2.	Reference standards	582
9.3.	Diagnosis and severity grade	584
9.4.	Reporting	586
10.	SPIROMETRY TRAINING AND CERTIFICATION COMMITTEE	586
11.	ACKNOWLEDGEMENT	586
12.	REFERENCES	586