

Severe COPD Definition

Taken from BLF website 31/3/20 follow this link:

<https://www.blf.org.uk/support-for-you/coronavirus/what-is-social-shielding>

This includes:

- **Everyone who has severe or very severe airflow obstruction.** This is measured using a breathing test called **spirometry where you blow out as hard as you can**. If the amount of air you can blow out in one second is less than 50% of the normal range of values, it is classed as severe. Severe or very severe airflow obstruction is sometimes described as GOLD grade 3 or GOLD grade 4.
- **People who are limited by breathlessness** – this means that you can't walk as fast as other people of your age because of breathlessness. This may be described in clinic letters as an **MRC breathlessness score** of 3, 4 or 5.
- People who have had to be **admitted to hospital in the past** because of an acute attack of the lung condition.
- People who have had 2 or more **exacerbations or flare-ups** in the past year that needed emergency treatment with steroids or antibiotics from the GP or hospital.
- People who are on regular **steroid tablets**, called prednisolone to treat their condition
- People who **have oxygen therapy at home**
- People **who use non-invasive ventilation at home** – using a mask connected to a ventilator, sometimes called BiPAP, to support their breathing at night