

# SpiroTec – COPD Assessment Tool (GOLD 2025)

( Enter Data From Your Ethnic Corrected Software Values )

## 1. Patient Demographics

ID Number:

254131

Sex:

Female

Age:

54

Hospital No.:

10025489

Height (cm):

174

Weight (kg):

79

## 2. Spirometry Results

### FEV<sub>1</sub>

FEV<sub>1</sub> (L) post-bronchodilator

0.97

### FVC

FVC (L) post-bronchodilator

1.94

### Ratios

FEV<sub>1</sub>/FVC post-bronchodilator

0.50

FEV<sub>1</sub> (% predicted) post-bronchodilator

21

FVC (% predicted) Used For Indication Only

32

## 3. Symptoms Assessment

### COPD Assessment Test (CAT)

For each item, select the score that best describes you (0-5):

Item	Question	Score 0-5
1	I never cough / I cough all the time	3
2	I have no phlegm / my chest is completely full of phlegm	2
3	My chest does not feel tight / my chest feels very tight	2
4	When I walk uphill or climb stairs I am not breathless / I am very breathless	3
5	I am not limited doing activities at home / I am very limited	4
6	I am fine to leave my home with my lung condition / I am not fine at all	4
7	I sleep soundly / I do not sleep soundly because of my lung condition	3
8	I have lots of energy / I have no energy at all	2

## 4. Exacerbation History

Number of moderate exacerbations in past 12 months:

8

Number of severe exacerbations in past 12 months:

4

### Results

**GOLD Stage**

**Stage 4**

Very Severe

**GOLD Group**

**Group E**

High Risk (Exacerbations)

**CAT Score**

**23**

High Symptoms

**GOLD Classification:** Group E (High Risk (Exacerbations))

**Severity:** GOLD 4 (Very Severe) FEV<sub>1</sub> = 21% predicted

**Recommended Management**

**First-line therapy:**

- Dual bronchodilation (LAMA + LABA)

**If blood eosinophils ≥300 cells/μL and exacerbations:**

- Add ICS (triple therapy: LAMA + LABA + ICS)

**For frequent exacerbations:**

- Consider roflumilast (PDE4 inhibitor) if chronic bronchitis
- Consider azithromycin (if no cardiac contraindications)

**Non-pharmacological:**

- **Pulmonary rehabilitation (strongly recommended)**
- Smoking cessation (critical)
- Vaccinations (influenza, pneumococcal)
- Self-management education

**Exacerbation prevention:**

- Avoid triggers (smoke, pollution)
- Action plan for early treatment

**Note:** Always assess for comorbidities (cardiovascular disease, diabetes, osteoporosis, depression)

### Notes:

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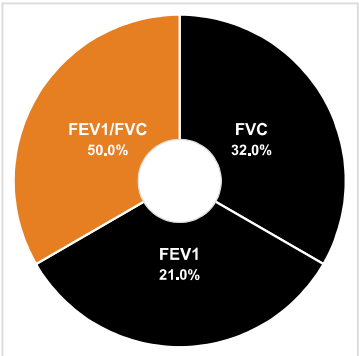
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**Dr Name:** ..... **Dr Signature:** .....

## 5. Spirometry Summary — Pie Chart

This pie is split into three equal segments. Each segment's **colour** reflects the current value:

- **Green** ≥ 70%
- **Yellow** < 60-69%
- **Orange** < 50-59%
- **Red** < 35-49%
- **Black** < 35%



Measure	Value
FVC	32.0%
FEV1 (aka FVC1)	21.0%
FEV1/FVC	50.0%

Note: colouring uses % values. FEV1/FVC ratio is converted to %.