

## PREVENTION AND CONTROL OF ASTHMA AND COPD IN PORTUGAL (2011-2018)

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### BACKGROUND

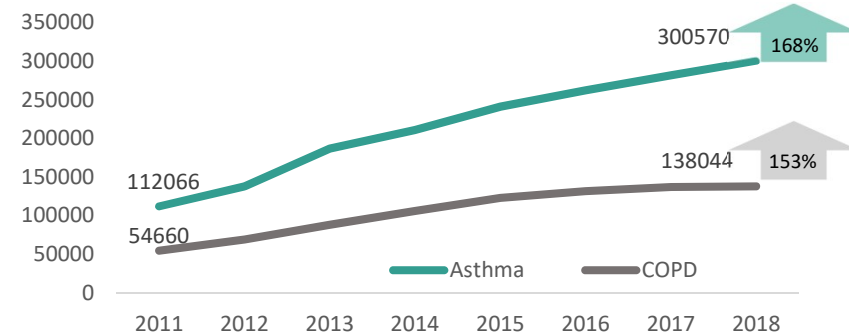
In Portugal, the prevalence of Asthma and COPD is 6.8% and 14.2%, respectively. Despite its low hospitalisation rates, the aim is to increase early diagnosis in primary care. The Portuguese National Programme for Respiratory Diseases (PNDR) is aligned with GARD's mission and objective to reduce chronic respiratory disease (CRD) burden. It has the following strategies, supported by government legislation:

- Epidemiological surveillance,
- Primary, secondary and tertiary prevention with special emphasis on reducing avoidable hospitalizations, and control of asthma and COPD
- Promotion of patient health literacy,
- Collaboration with national and international partners.

### ACTION

- **National Asthma & COPD guidelines** with training of family doctors
- Implementation of a **national spirometry network in primary care**, in articulation with hospital pulmonologists (spirometry for free)
- Accessibility to **smoking cessation programmes** (free)
- **Free influenza vaccination** over 65 years and for all COPD patients
- **Reimbursement of anti-asthmatic medicines** (69%) and spacers (80%)
- **Full reimbursement** of Home Oxygen and Ventilation NHS therapies

### Diagnosis of Asthma and COPD in Primary Care



### LEARNINGS

- A national respiratory disease surveillance system has been expanded with specific monitoring indicators.
- Accessibility to diagnosis of Asthma and COPD in Primary Care increased 168% and 153%, respectively, in seven years.
- Accessibility to spirometry in Primary Care increased 71%.
- More than half (57%) of Asthma patients are controlled.
- Asthma Hospitalisations have decreased 18%, during this period.
- In 2017, very low Standardised Premature Mortality Rates (<65 years) per 100,000 inhabitants were observed for Asthma (0.2) and COPD (1.3).

