

Awareness campaign at World COPD day

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Introduction

Chronic Obstructive Pulmonary Disease (COPD) is a major cause of chronic morbidity, affecting 14% of the Portuguese population. The World COPD Day was on November 14th, 2012.

At Hospital de Braga was held an awareness campaign.

Objectives and Methods

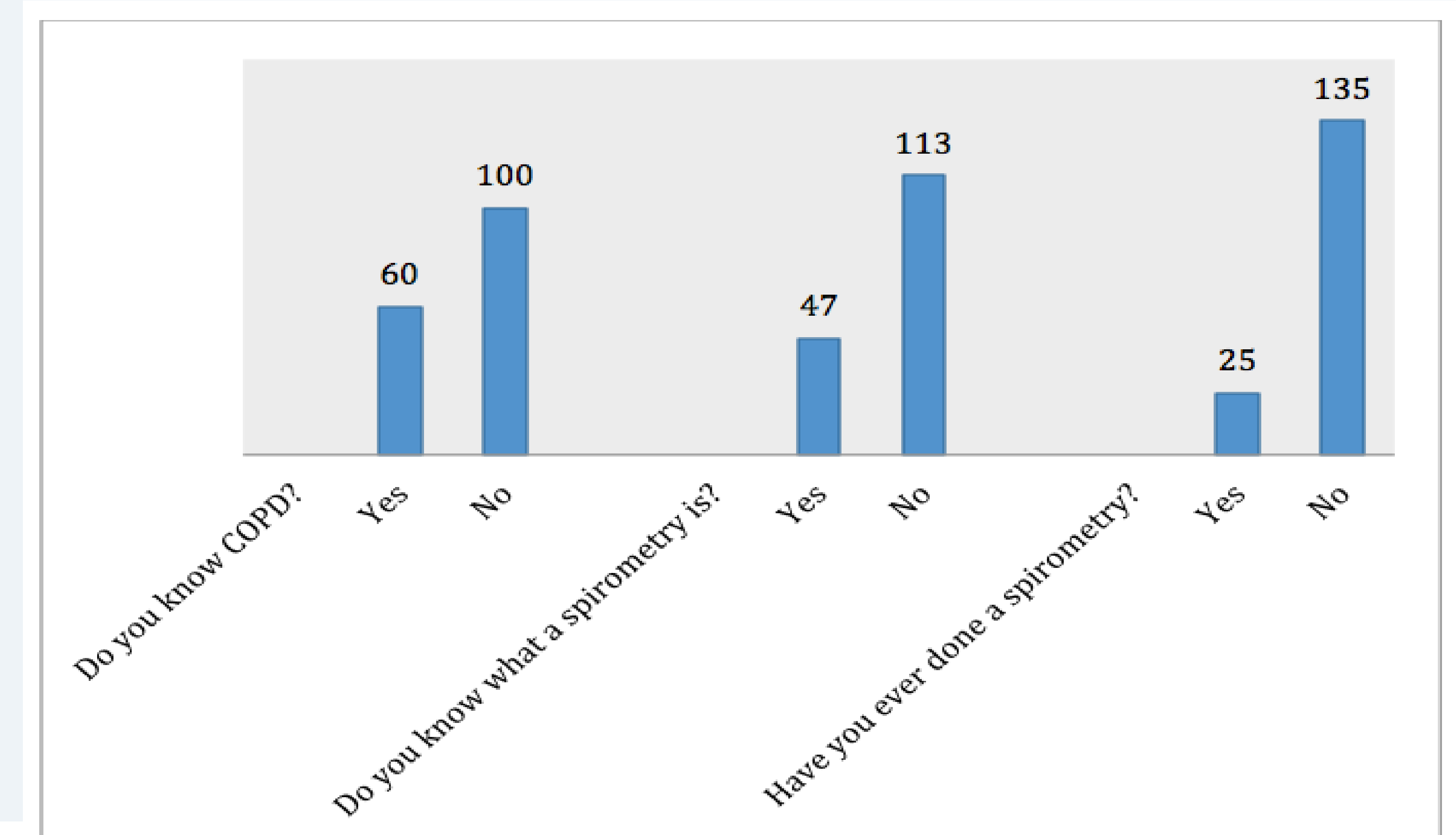
Characterize epidemiological, clinical and functional participants in the campaign of World COPD Day.

Cross-sectional study with a questionnaire and spirometry to all individuals participating in the campaign.

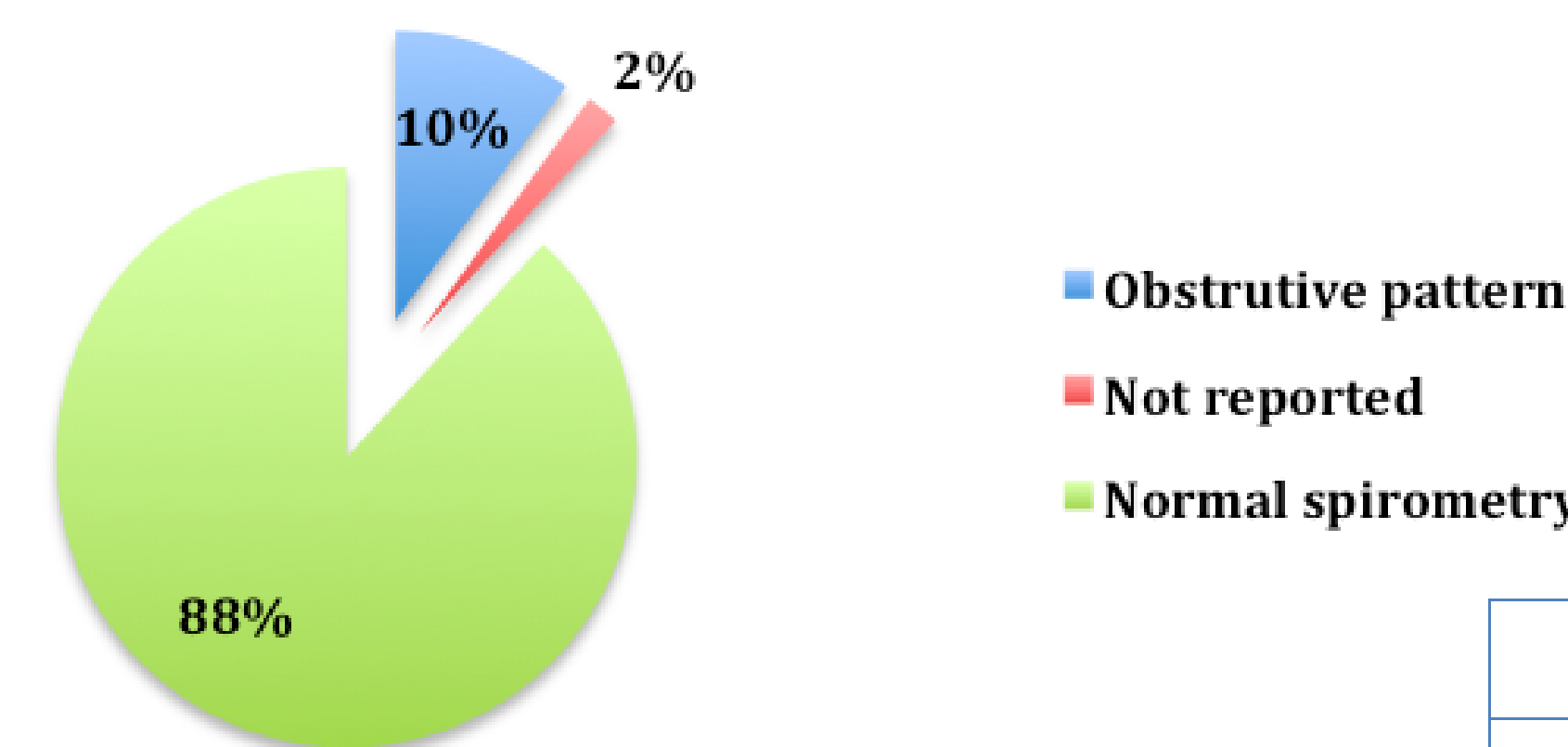
Results

Number individuals	160
Mean age	56 years old
Male	51%
Past or current smokers	44,3%
Known pulmonary disease	25%
Only 4 years of school	44,3%
Mean BMI (kg/m²)	26,9 Kg/m ²

Results



Performed spirometry



Obstrutive pattern	16 individuals (10,2%)
Known pulmonary disease	10 individuals
Mean FEV₁	77%
Mean FVC	98%
FEV₁/FVC	64
Severe obstruction	2 individuals

Conclusions

The aim of these campaigns is to raise awareness and inform the population about diseases often ignored despite their prevalence. It's also important to diagnose, treat and possible monitor some individuals who didn't know they had a problem. In our population there was a prevalence of obstructive respiratory disease of 10.2%.