

Chronic Obstructive Pulmonary Disease

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COPD basic concept: Understanding the pathophysiology by simile to convince physicians

Background: Understanding of basic concept of COPD is an important issue for the practicing physicians. Seamless management of COPD needs to understand basic concept of asthma. Use of simile is the best way to understand any basic concepts. A positive role of physicians after proper understanding of basic concept is essential for successful management of COPD. To achieve this goal in Bangladesh, we developed a module COPD presentations and carried out several seminars entitled “COPD: Basic Concept and Management” in different regions of the country. The outcome is encouraging and we assume the module can be used for general physicians as an effective instrument in switching to standard treatment of COPD from conventional treatment.

Objectives: Similarity between water movement, air movement and pathophysiology of COPD helps in understanding the basic mechanism of COPD and thereby physicians can be easily motivated to switch over to standard treatment of COPD.

Methods: An audio-visual module comprising of an interactive lecture were prepared and presented in front of the primary care physicians and respiratory specialists. For this a nation-wide campaign will be out entitled “COPD: Basic Concept and Management” in different regions of Bangladesh including all medical colleges. At least two pulmonologists of Bangladesh presented the papers and answered the different questions of the audiences.

Discussion: Water movement, like conduction, convection and diffusion can be easily described and resulting in difficulty in breathing. After water movement simile, it is described clearly that irritation of smoke and recurrent infection is the main cause of sputum production and exacerbations. After an episode of COPD exacerbation small airway and alveolar destruction leads to different types of emphysema formations and mismatch of Ventilation Perfusion ratio and right to left shunt. This V/Q mismatch and shunted blood leads to progressive exertional dyspnea, Hypoxemia, Hypoventilation, Polycythemia or anemia and ultimately leads to respiratory failure.

Conclusions: What we do not see through our naked eyes (pathophysiology of COPD) may be understandable by drawing simile with an event, which we can see with our eyes. The lesson can be remembered like stories by anybody even a layman. This may help to facilitate patient education programs.

Biography

Md Rashidul Hassan is the Director cum Professor at National Institute of Diseases of the Chest & Hospital, Dhaka. He has completed his MD Respiratory Medicine from Dhaka University in the year 1995. He is currently a Professor at the Department of Respiratory Medicine, National Institute of Diseases of the Chest and Hospital [NIDCH], Dhaka, Bangladesh. He is also a Founding President of Bangladesh Lung Foundation and Founding Vice President of Evidence Based Clinical Practice Society of Bangladesh. He has published 63 papers in reputed journals and has been serving as Editorial Board Member of Journal of Asia Pacific Society of Respiriology (APSR).

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