

# 4<sup>th</sup> Global Acupuncture & Therapists Annual Meeting and International Conference on Holistic Medicine & Holistic Nursing

July 14-16, 2016 Philadelphia, USA

## Early detection of chronic obstructive pulmonary disease in family practice

Jehad Osama<sup>1</sup>, Hani Gokhdar<sup>1</sup>, Mohammad Garout<sup>1</sup>, Mohammad Alkot<sup>2</sup> and Rana El-Helbawy<sup>2</sup>

<sup>1</sup>Umm-Al-Qura University, Saudi Arabia

<sup>2</sup>Menoufia University, Egypt

**Introduction:** In real practice Chronic Obstructive Pulmonary Diseases (COPD) is often diagnosed at a late stage as its clinical manifestations pass unnoticed and spirometry is almost not utilized.

**Objective:** To clarify the role of family physicians in early detection of COPD at the primary care level.

**Methodology:** The study was conducted during winter season 2015 in Al- Shohadaa family health center, Al- Shohadaa city, Menoufia governorate, Egypt. All patients  $\geq 40$  years, smoking  $\geq 10$  pack-years attending the center with respiratory symptoms were subjected after their consent to a spirometry to check for early COPD diagnosis.

**Results:** Based on spirometry only, 18 (9.4%) and 15 (7.8%) had GOLD I and  $\geq$  II COPD respectively however 159 out of 192 (82.8%) targeted patients did not have COPD. There was no significant difference in the type and number of respiratory symptoms between non-COPD and COPD patients.

**Conclusion:** As all primary health care centers did not have an access to spirometry, training of family physicians and implementation of spirometry in these centers as a simple gold standard test, that recommended in all guidelines to confirm COPD diagnosis is a mandatory challenge for early detection of the disease.

### Biography

Mohammad Alkot has completed his PhD and Post-doctoral studies from Menoufia University School of Medicine. He is the Vice-director of Family Medicine department and Manshea University Hospital. He has published more than 25 papers in reputed journals.

[dr.jehad@live.com](mailto:dr.jehad@live.com)

### Notes: