

KOL og exacerbationer



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Ingen relevante interessekonflikter

Hvad er en exacerbation?

DEFINITION

An exacerbation of chronic obstructive pulmonary disease (ECOPD) is defined as an event characterized by increased dyspnea and/or cough and sputum that worsens in < 14 days which may be accompanied by tachypnea and/or tachycardia and is often associated with increased local and systemic inflammation caused by infection, pollution, or other insult to the airways. ⁽³⁰⁴⁾

Bente får en exacerbation...



- 74 år
- 40 pakkeår
- FEV1 45 %
- Hypertension, depression, osteoporose
- Mand, søn og 2 dejlige børnebørn

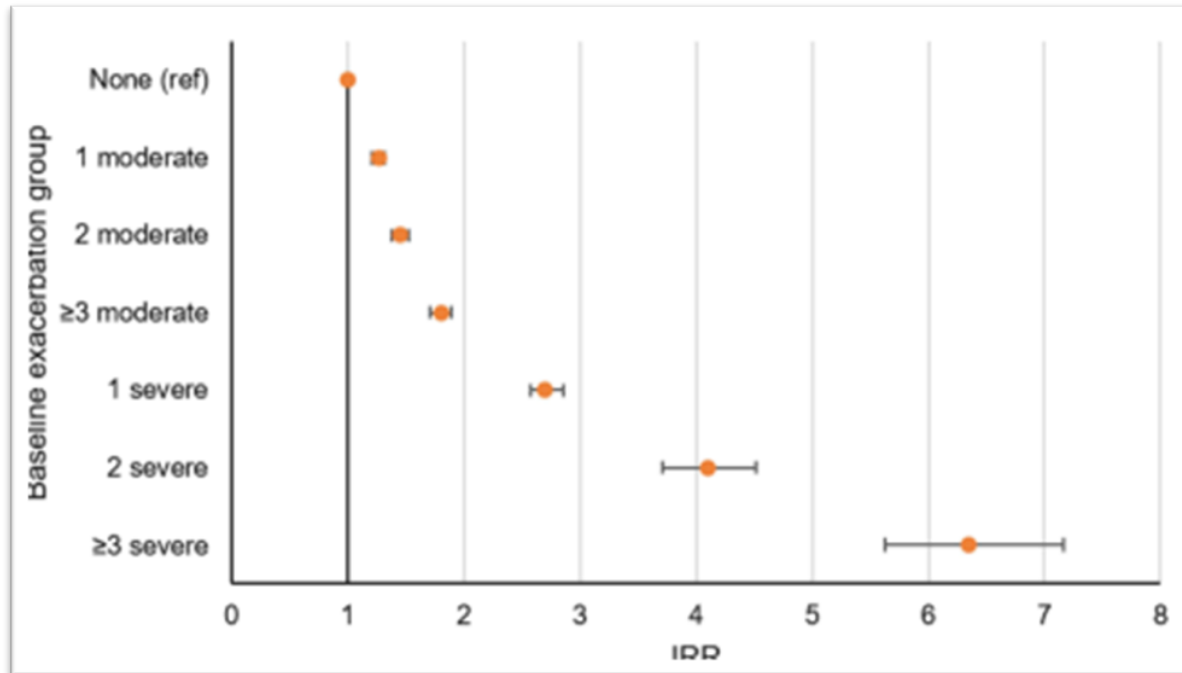


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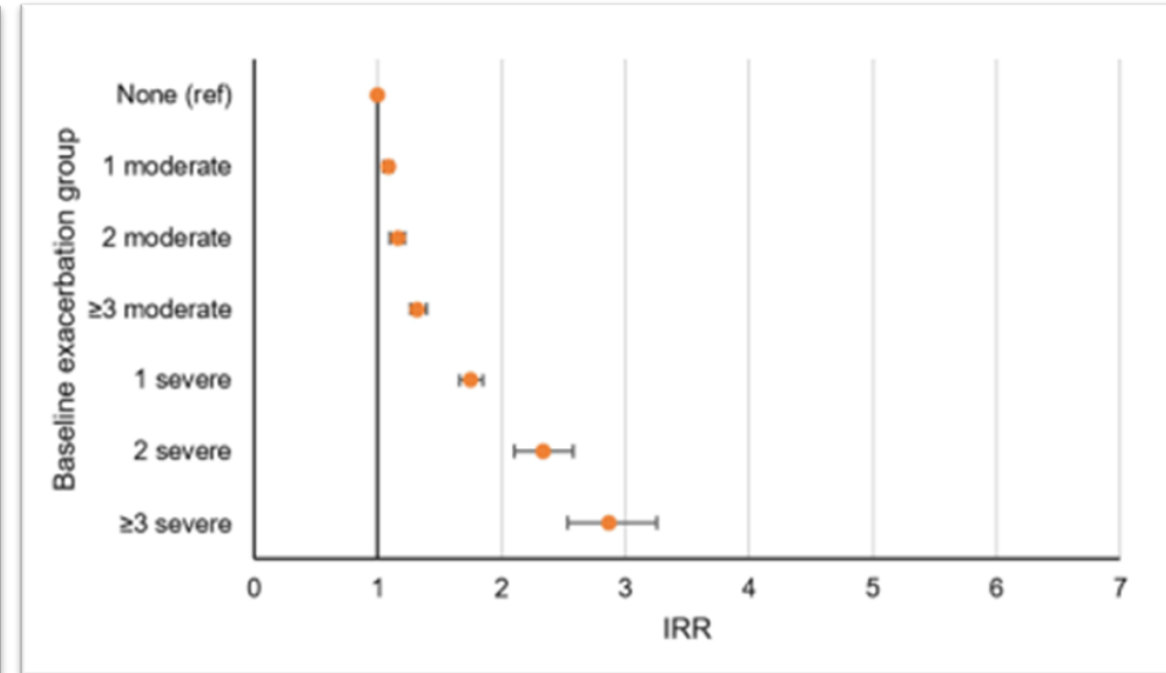


Samme behandling
Sender Bente hjem
Men vi ses nok snart igen...

Risikoen for at ses igen



Incidence rate ratios (IRR) for the association between baseline frequency and severity of exacerbations and rate of **severe exacerbations**



Incidence rate ratios (IRR) for the association between baseline frequency and severity of exacerbations and rate of **all-cause mortality**

Risikoen for at ses igen

Indikator 16: Andel af KOL-indlæggelsesforløb på grund af akut exacerbation, der genindlægges inden for 30 dage efter udskrivelse

	Standard		Uoplyst	Aktuelle år				
	≤ 15% opfyldt	Tæller/nævner	antal (%)	01.01.2023	31.12.2023	Andel	95% CI	Andel
Danmark	Nej	2.117 / 13.076	0 (0)	16,2	(15,6-16,8)	2.144 / 13.125	16,3	17,2
Hovedstaden	Nej	705 / 3.668	0 (0)	19,2	(18,0-20,5)	654 / 3.643	18,0	19,4
Sjælland	Nej	417 / 2.375	0 (0)	17,6	(16,0-19,1)	429 / 2.381	18,0	18,2
Syddanmark	Ja	371 / 2.592	0 (0)	14,3	(13,0-15,7)	411 / 2.620	15,7	15,8
Midtjylland	Ja	400 / 2.908	0 (0)	13,8	(12,5-15,1)	439 / 2.951	14,9	16,2
Nordjylland	Ja	224 / 1.533	0 (0)	14,6	(12,9-16,5)	211 / 1.531	13,8	15,1

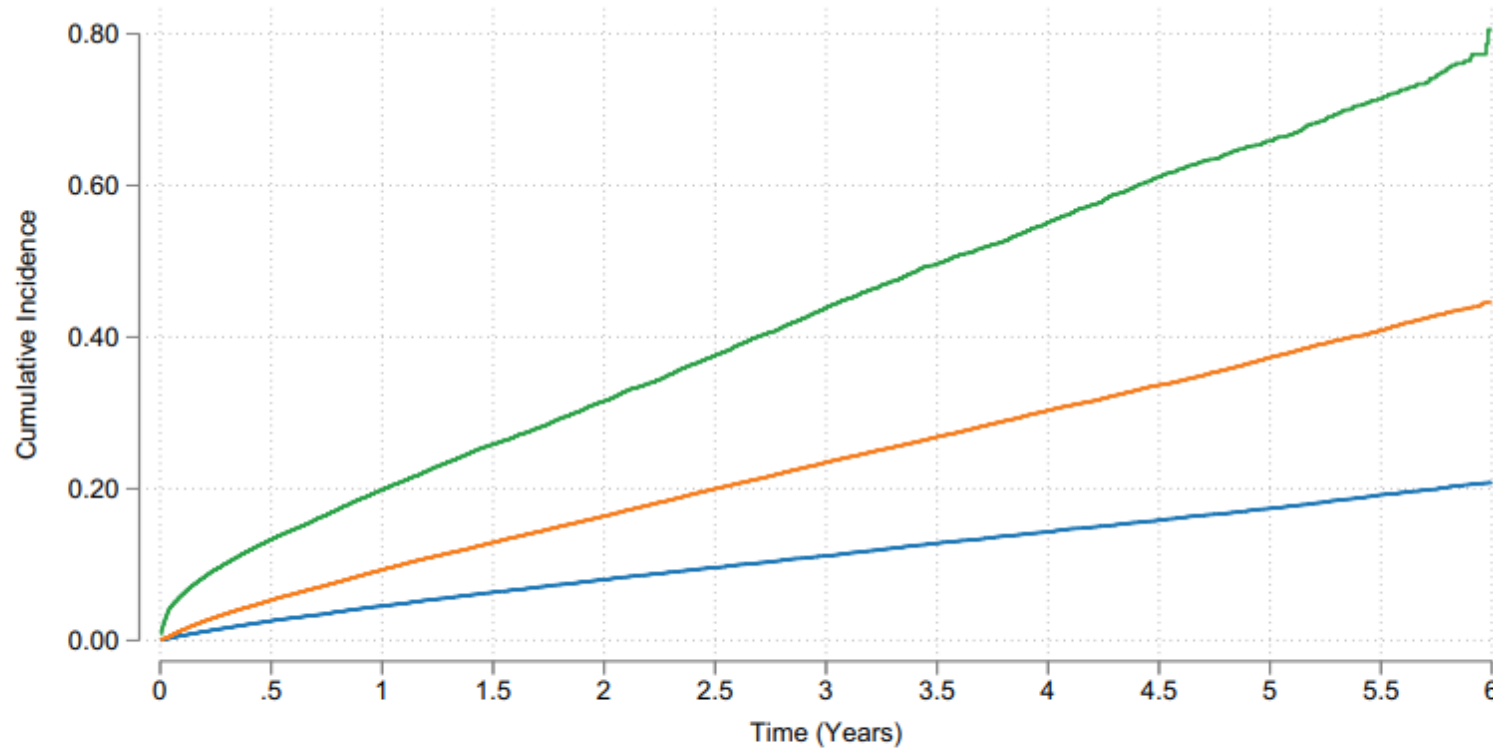
16,2 %

Indikator 17: Andel af patienter med KOL indlagte på grund af akut exacerbation, som dør inden for 30 dage efter indlæggelsen

	Standard		Uoplyst	Aktuelle år				
	≤ 15% opfyldt	Tæller/nævner	antal (%)	01.01.2023	31.12.2023	Andel	95% CI	Andel
Danmark	Nej	1.673 / 10.243	0 (0)	16,3	(15,6-17,1)	1.748 / 10.243	17,0	15,9
Hovedstaden	Nej	440 / 2.619	0 (0)	16,8	(15,4-18,3)	468 / 2.735	17,1	16,0
Sjælland	Nej	295 / 1.817	0 (0)	16,2	(14,6-18,0)	296 / 1.804	16,4	16,0
Syddanmark	Nej	414 / 2.186	0 (0)	18,9	(17,3-20,6)	429 / 2.170	19,8	16,5
Midtjylland	Ja	335 / 2.361	0 (0)	14,2	(12,8-15,7)	326 / 2.313	14,1	14,5
Nordjylland	Ja	189 / 1.260	0 (0)	15,0	(13,1-17,1)	229 / 1.264	18,1	16,7

16,3 %

B



Risiko for
kardiel event
after
exacerbation



Number at Risk													
No AECOPD	67018	58255	50546	44580	38870	34235	30209	26752	23605	20955	18446	16362	0
Moderate AECOPD	119124	104070	91816	81428	70904	61565	52633	44612	36040	28725	20232	11772	0
Severe AECOPD	27324	18363	14886	12250	10032	8127	6418	5105	3823	2838	1849	982	0
					No AECOPD		Moderate AECOPD		Severe AECOPD				

— No AECOPD — Moderate AECOPD — Severe AECOPD

Hvem får exacerbationer?

Den var ny...

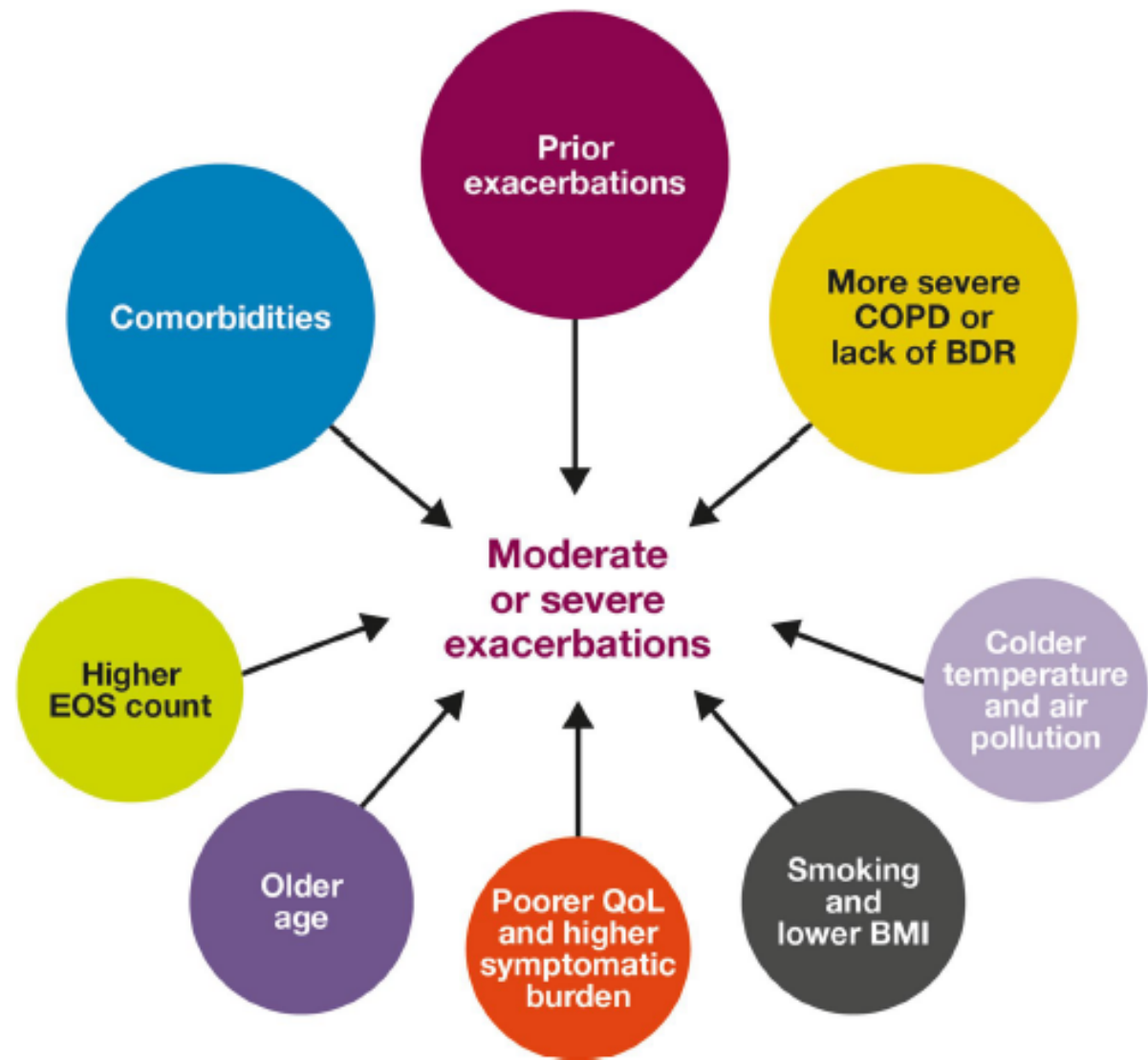
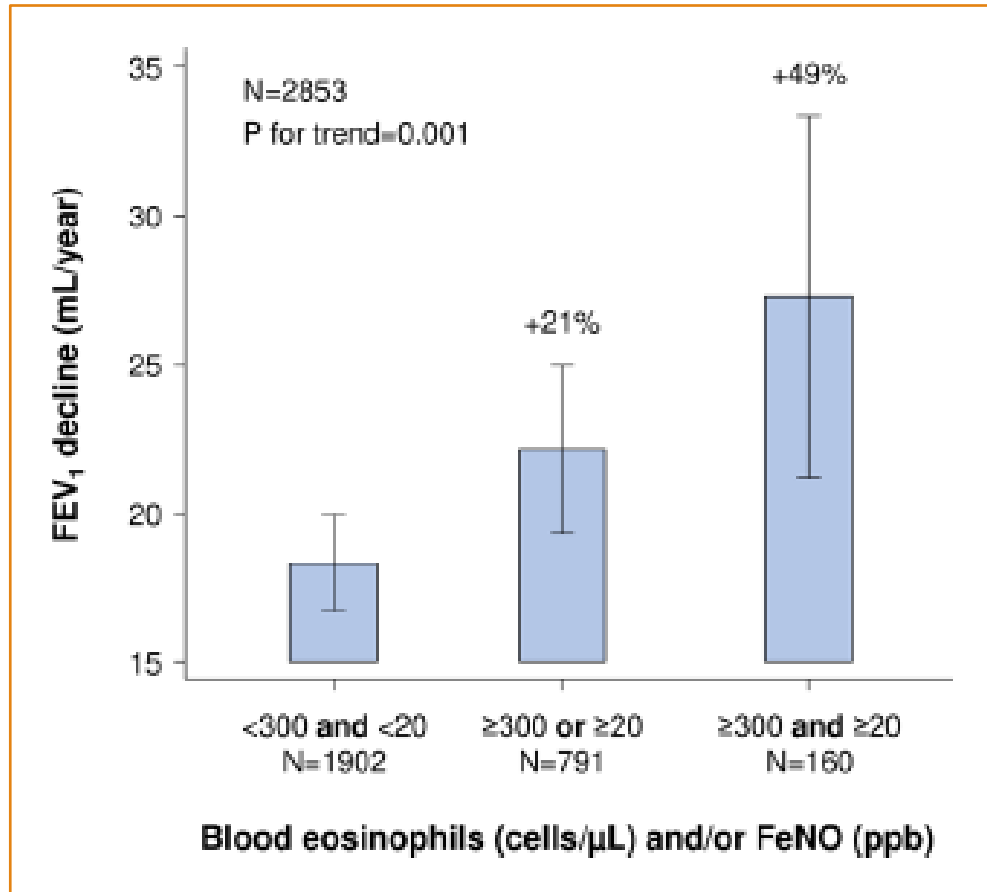


Fig. 2 Risk factors for moderate-to-severe exacerbations in patients with COPD. Factors with > 30 supporting studies shown as large circles; factors with ≤ 30 supporting studies shown as small circles and should be interpreted cautiously. BDR bronchodilator reversibility, BMI body mass index, COPD chronic obstructive pulmonary disease, EOS eosinophil, QoL quality of life

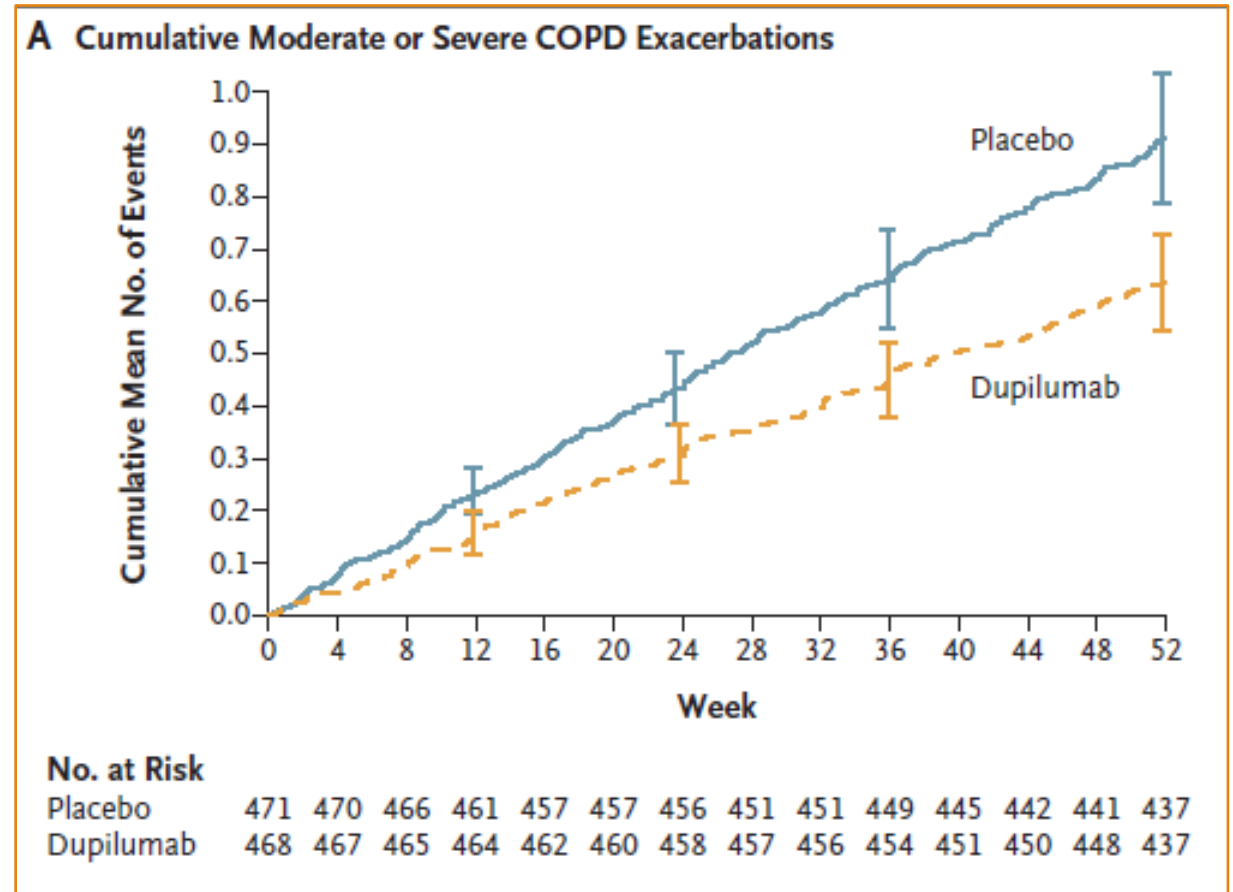


- FeNO 15
- B-eos 0,35

Type-2 inflammation



Çolak Y, et al. Thorax 2024

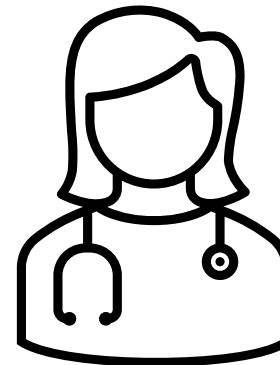


S.P. Bhatt, K. F. Rabe, New Eng Journal, 2023

Sigrid Brisson Nielsen

Så hvordan står det til for Bente?

- Øget mortalitet
- Øget risiko for kardielle events
- Accelereret tab af lungefunktion
- Ringere livskvalitet
- Nedsat fysisk aktivitet



Hvordan hjælper vi
Bente med ikke at
få flere
exacerbationer?

Take home messages

- En exacerbation er et skelsættende event
- Type-2 inflammation påvirker prognosen negativt

An aerial photograph of a large university campus. The image shows several large, multi-story buildings with red-tiled roofs and many windows. The buildings are surrounded by green lawns, trees, and parking areas. In the foreground, there is a large, open paved area with some parked cars. The background shows more buildings and trees, suggesting a large campus area.

Tak for i dag
Spørgsmål?