

Barriers to early diagnosis and smoking cessation for COPD patients

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French Federation of Associations of Patients with Respiratory Insufficiency or Handicap (FFAAIR) represents more 60 patients groups. The part of them are COPD patients. Fight against tobacco dependence is one of our key priorities

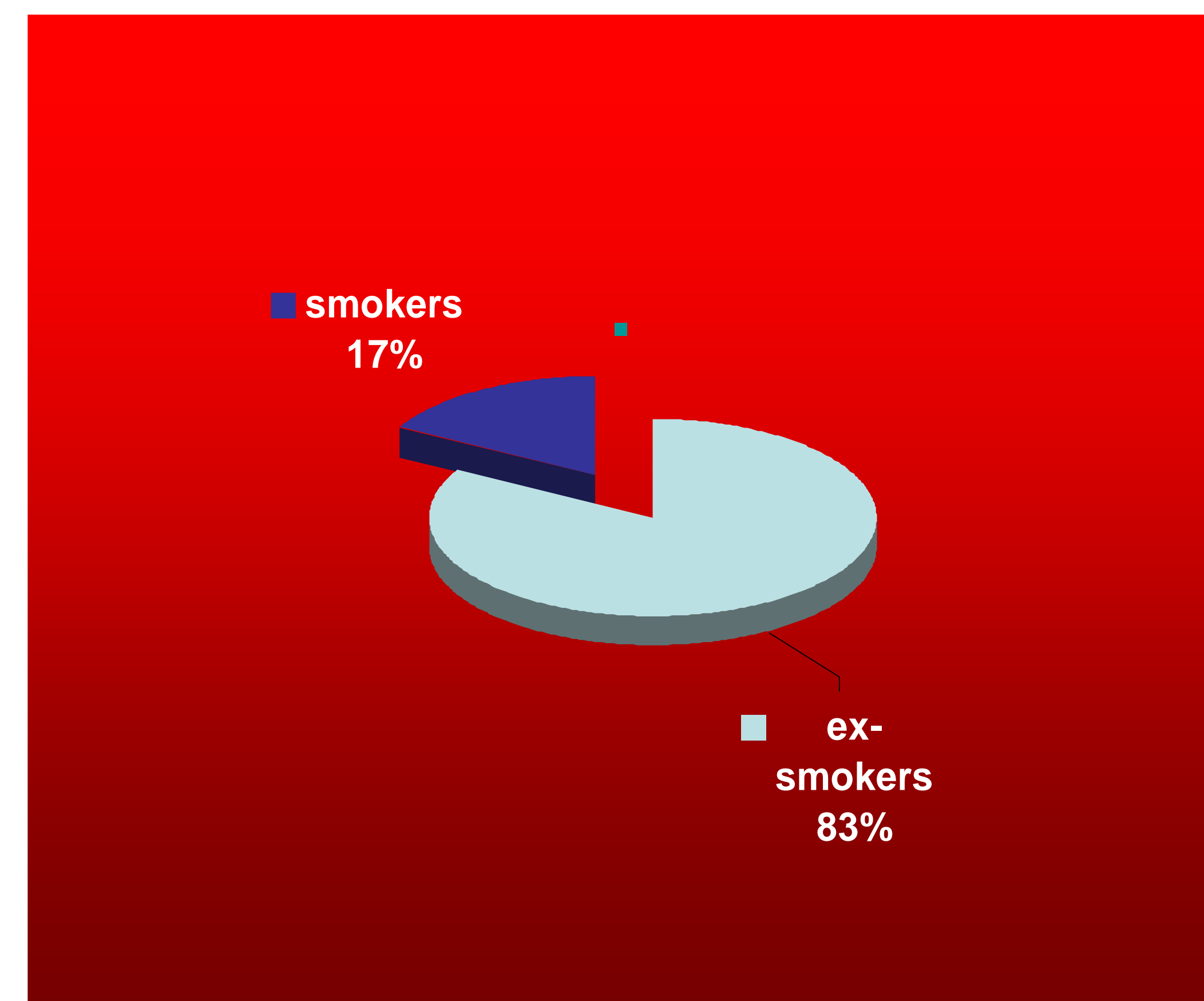
The aim : to identify the barriers in the diagnosis and care for the COPD patients.

Methods: Study conducted with a sample of 48 patients COPD, stage III et IV (recruited from FFAAIR and from the consultations of tabacologiste), 39 men et 9 women, average age 66 years old who answered a questionnaire with closed and opened questions. Interviews conducted from 2018 to 2021.

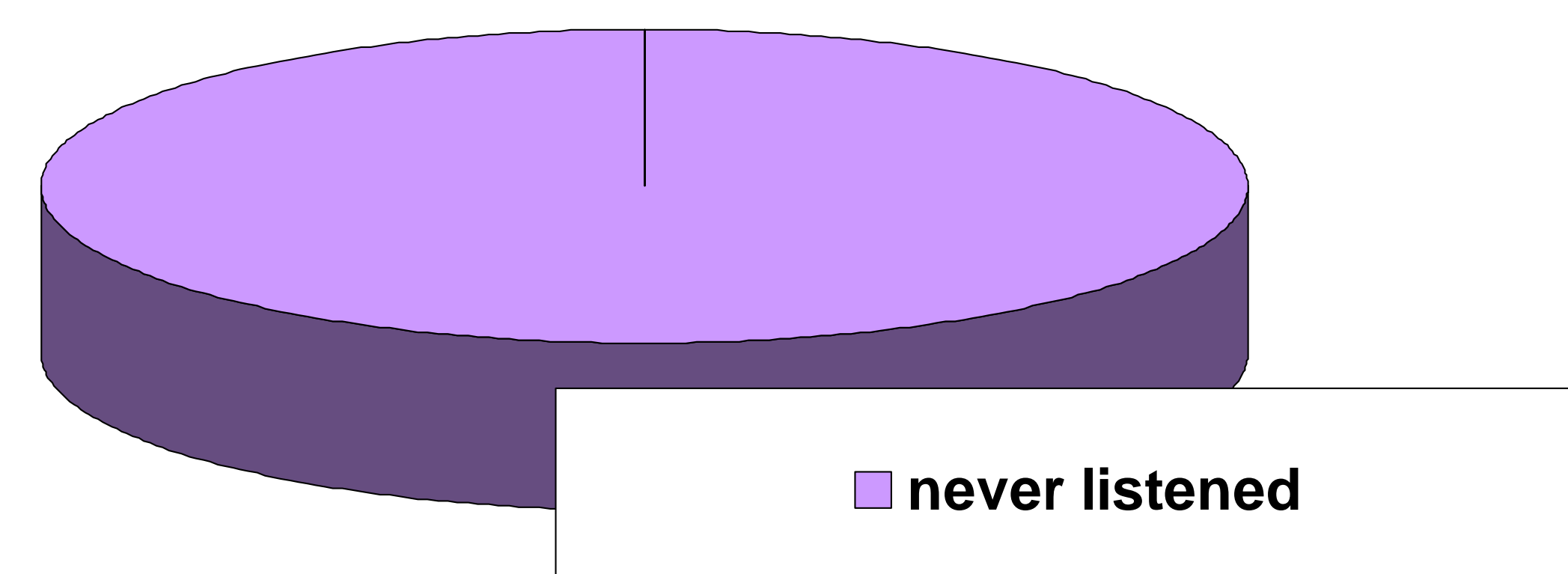
Results. . The most part of them 83% were the former smokers, 8 patients (17%) continued to smoke. All patients (100%) described as the first symptoms of their disease severe dyspnoea with incapacity to cope with everyday work. They did not attach importance to earlier signs. They had no idea about the COPD before the diagnosis.

For the most part of patients (72%) the smoking was an old habit and they did not pay attention to it. When the doctor recommended to stop smoking, 81% of respondents realized that tobacco was a real need.

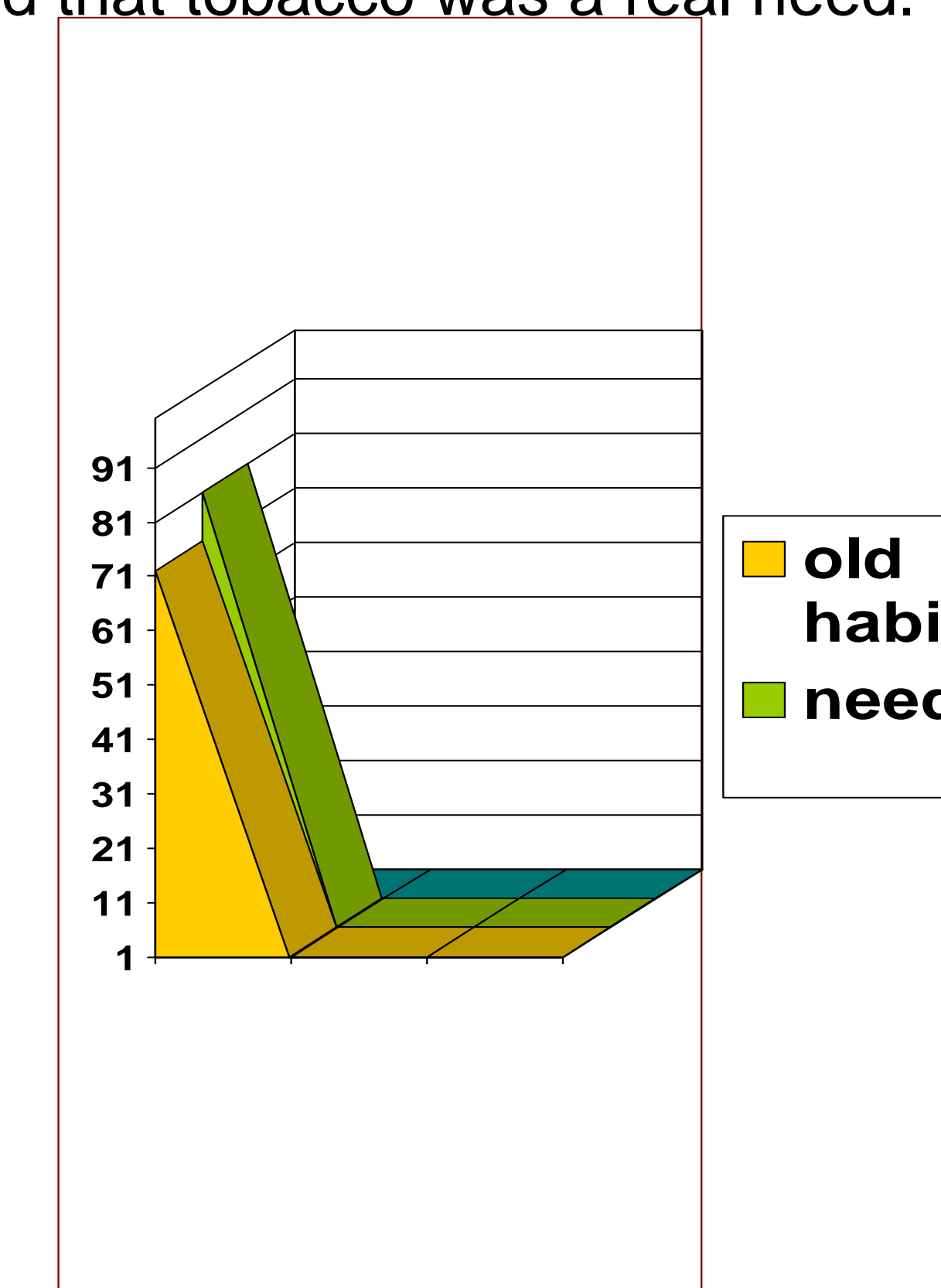
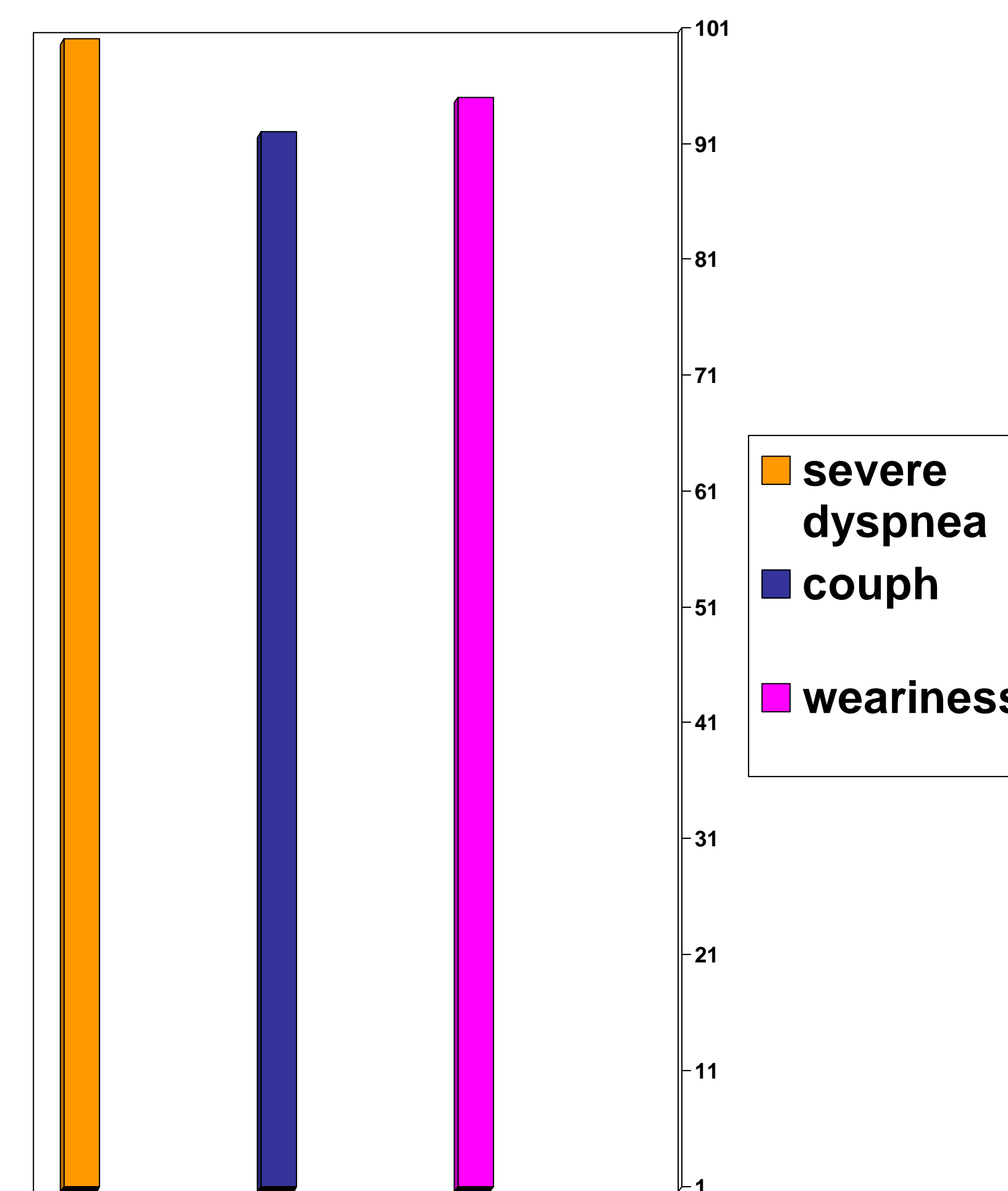
COPD patients



No idea about COPD before the diagnosis

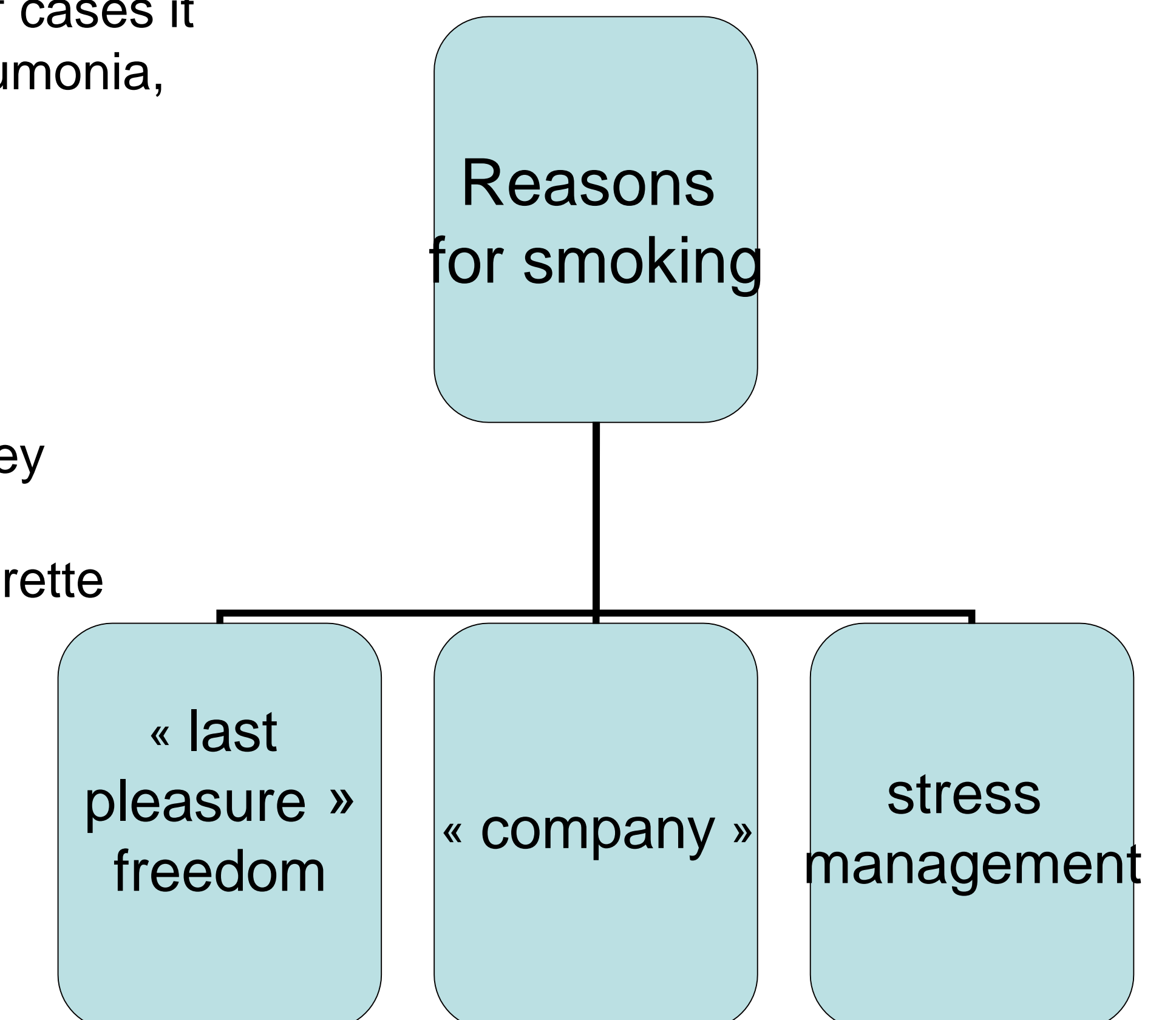


First symptoms of disease according to patients



The patients who stopped smoking, they made it **after 3-4 years of diagnosis**. In 56% of cases it happened after serious complication (pneumonia, emboli etc.).

The patients who continue to smoke have different reasons for it : "last pleasure", "company", "personal freedom", "management of depression, of stress". They accept that they suffer with tobacco dependence. But the attitude, that the cigarette alleviates their condition, wins



Conclusion. The public literacy in COPD and public awareness of tobacco dependence as a disease is the way to progress in early diagnosis and care of COPD patients

