

# CRP in COPD Management

Simon Barry

WEQAS Cardiff December 2023

# The Diagnosis of Adult Pneumonia in General Practice

*The Diagnostic Value of History, Physical Examination and Some Blood Tests*

HASSE MELBYE,<sup>1,2</sup> BJØRN STRAUME,<sup>2</sup> ULF AASEBØ<sup>3</sup> and JAN BROX<sup>4</sup>

<sup>1</sup>General Practice, Tromsø, <sup>2</sup>Institute of Community Medicine, University of Tromsø, <sup>3</sup>Department of Chest Medicine and <sup>4</sup>Department of Clinical Chemistry, University Hospital of Tromsø, Tromsø, Norway

Melbye H, Straume B, Aasebø U, Brox J. The diagnosis of adult pneumonia in general practice. Scand J Prim Health Care 1988; 6: 111-17.

Because of lower respiratory infection that was treated with antibiotics on the suspicion of pneumonia, 71 patients aged 15 years or more were referred to the study by general practitioners. Using a positive chest X-ray as a "gold standard", 15 % had pneumonia. The diagnostic value of variables from history, physical examination and blood tests was evaluated by calculating the likelihood ratio (LR). A duration of illness less than 24 hours before consulting the general practitioner was the variable from the history with the highest LR, 13.5. The white blood cell count and particularly the C-reactive protein analysis had a high diagnostic value, CRP >50 mg/l had an LR of 37. In this selected material pulmonary symptoms and lung findings were of minor value in differentiating patients with and without pneumonia, with no LR exceeding 2.3. This can be explained to some extent by selection bias.

Key words: pneumonia, crackles, CRP-analysis, diagnostic value, likelihood ratio.

Hasse Melbye, Institute of Community Medicine, University of Tromsø, PB 417, N-9001 Tromsø, Norway.

Table IV. Diagnostic value of physical findings in 71 patients treated with antibiotics for suspected pneumonia in general practice

Findings	Sensitivity	Specificity	Likelihood ratio	Positive predictive value
Sick appearance	0.64	0.42	1.1	0.17
Cough attack when inspiring deeply <sup>a</sup>	0.52	0.36	0.8	0.14
Respiratory rate >24/min <sup>a</sup>	0.66	0.6	1.8	0.25
Crackles	0.64	0.48	1.2	0.18
One lung	0.36	0.6	0.9	0.14
Both lungs	0.27	0.88	2.3	0.30
Wheezes	0.36	0.5	0.7	0.12
One lung	0.18	0.83	1.0	0.15
Both lungs	0.18	0.67	0.6	0.09
Both lungs without crackles	0.0	0.83	0.0	0.0
Decreased breath sounds	0.27	0.73	1.0	0.15
Dullness to percussion	0.18	0.82	1.0	0.15
Pleural rubs	0.09	0.82	0.5	0.08




<sup>a</sup> These findings reported on only 64 and 65 patients respectively.

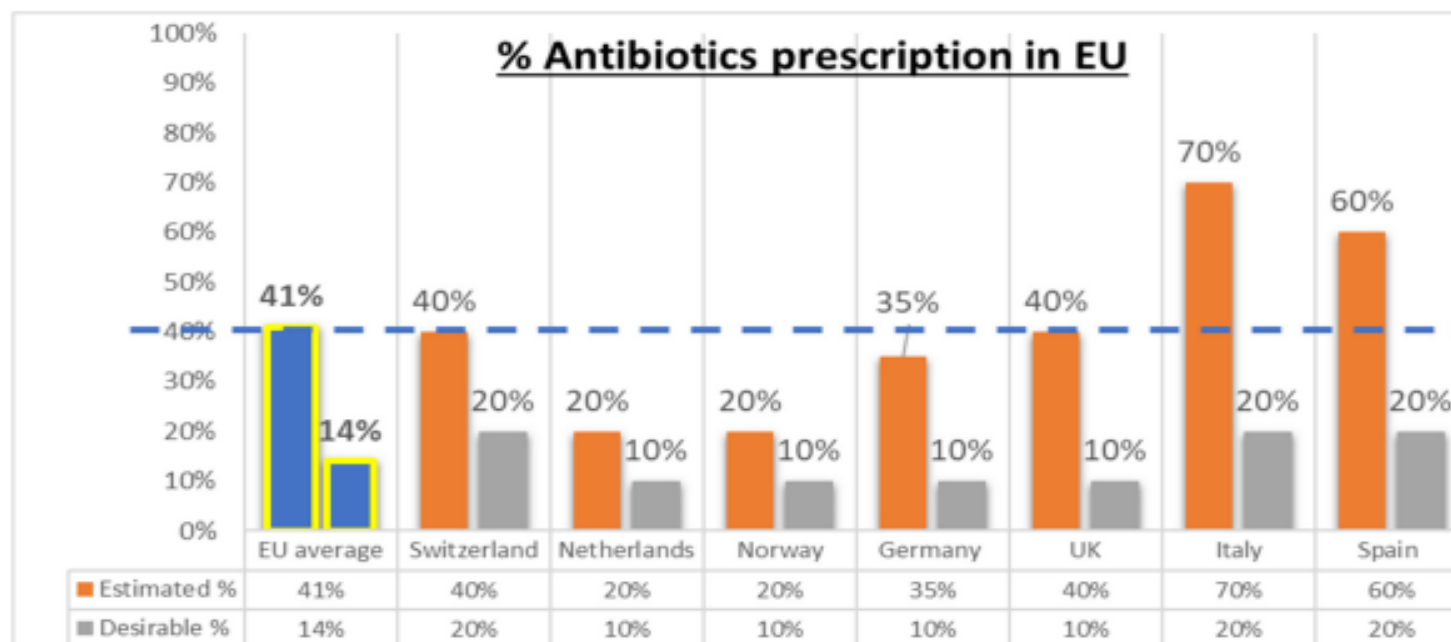
Table V. Diagnostic value of blood tests in 69 patients treated with antibiotics for suspected pneumonia in general practice

	Sensitivity	Specificity	Likelihood ratio	Positive predictive value
ESR >20 mm/h	0.91	0.43	1.6	0.23
ESR >50 mm/h	0.36	0.88	3.0	0.36
WBC >9.5×10 <sup>9</sup>	0.45	0.91	5.0	0.50
WBC >11.5×10 <sup>9</sup>	0.18	0.97	5.2	0.50
WBC <6.5×10 <sup>9</sup>	0.09	0.52	0.2	0.03
Blood smear diff. counts <sup>a</sup>				
Lymphocytes >50 %	0.0	0.65	0.0	0.0
Neutrophils 65 %	0.30	0.69	1.0	0.15
Stabs >10 %	0.60	0.81	3.2	0.40
C-reactive protein				
CRP >11 mg/l	0.82	0.60	2.1	0.28
CRP >50 mg/l	0.74	0.96	37.0	0.80

<sup>a</sup> Blood smear was only examined in 58 patients of whom ten had pneumonia.

# The Role of CRP POC Testing in the Fight against Antibiotic Overuse in European Primary Care: Recommendations from a European Expert Panel

Ivan Gentile <sup>1,†</sup> , Nicola Schiano Moriello <sup>2,\*,†</sup> , Rogier Hopstaken <sup>3,†</sup>, Carl Llor <sup>4,†</sup>, Hasse Melbye <sup>5,†</sup>   
and Oliver Senn <sup>6,†</sup> 



**Figure 2.** Perceptions of antibiotic prescribing rates for LRTIs in Europe by country. Q: In your country, do you know the approximate percent of antibiotic prescriptions for Lower respiratory tract infections in primary care and what percent would be desirable from your point of view? The dotted blue line represents UE average.

# *The* NEW ENGLAND JOURNAL *of* MEDICINE

ESTABLISHED IN 1812

JULY 11, 2019

VOL. 381 NO. 2

## C-Reactive Protein Testing to Guide Antibiotic Prescribing for COPD Exacerbations

Christopher C. Butler, F.Med.Sci., David Gillespie, Ph.D., Patrick White, M.D., Janine Bates, M.Phil., Rachel Lowe, Ph.D.,  
Emma Thomas-Jones, Ph.D., Mandy Wootton, Ph.D., Kerenza Hood, Ph.D., Rhiannon Phillips, Ph.D.,  
Hasse Melbye, Ph.D., Carl Llor, Ph.D., Jochen W.L. Cals, M.D., Ph.D., Gurudutt Naik, M.B., M.S., M.P.H.,  
Nigel Kirby, M.A., Micaela Gal, D.Phil., Evgenia Riga, M.Sc., and Nick A. Francis, Ph.D.  
Hasse Melbye, Ph.D., Carl Llor, Ph.D., Jochen W.L. Cals, M.D., Ph.D., Gurudutt Naik, M.B., M.S., M.P.H.,  
Nigel Kirby, M.A., Micaela Gal, D.Phil., Evgenia Riga, M.Sc., and Nick A. Francis, Ph.D.

- N= 653 with COPD
- 86 GP practices in England and Wales
- Randomised to usual care or CRP guided care
- Outcomes patient reported antibiotic usage and COPD health status

# PACE Results

- Of 317 randomised to CRP arm, median value was 6 mg/l
- 76% had CRP values < 20
- 12% had CRP values 20-40
- 12% had CRP values >40
- Overall in CRP arm antibiotics prescribed in 47.7% vs 69.7% in usual care group (22% reduction, adjusted OR 0.31, 95% CI 0.21 to 0.45)
- Slight reduction in COPD questionnaire score in CRP group (less severe)

# PACE conclusions

- CRP testing can reduce antibiotic prescribing with no evidence of harm
- But, could have been a 76% -88% reduction in antibiotics if algorithm had been followed strictly

# Expert Group Consensus Statements – Overview

## **CONSENSUS STATEMENT 1:**

Antimicrobial resistance is a global threat that must urgently be addressed.

---

## **CONSENSUS STATEMENT 2:**

Antibiotic overprescribing for respiratory tract infections in primary care is a significant contributor to rising antimicrobial resistance.

---

## **CONSENSUS STATEMENT 3:**

C-reactive protein point of care testing (CRP POCT) is an established tool that is proven to effectively and safely reduce overprescribing of antibiotics for lower respiratory tract infections (LRTIs) in adults presenting at primary care.

---

## **CONSENSUS STATEMENT 4:**

To safely reduce antibiotic prescribing in primary care for patients presenting with respiratory illness, a broader application of CRP POCT globally is recommended.

---

## **CONSENSUS STATEMENT 5:**

An effective implementation, combining CRP POCT together with evidence-based complementary strategies, can increase the contribution to more appropriate antibiotic prescribing.

---

## **CONSENSUS STATEMENT 6:**

In the ambulatory care of febrile children presenting with symptoms of respiratory illness, CRP POCT can be useful to guide decisions regarding antibiotic prescribing and hospital referrals.

---

## **CONSENSUS STATEMENT 7:**

The use of CRP POCT for the management of patients presenting symptoms of LRTIs in primary care can be economically viable in several contexts.

# Guidance on C-reactive protein point-of-care testing and complementary strategies to improve antibiotic prescribing for adults with lower respiratory tract infections in primary care

Oliver Van Hecke<sup>1,2\*†</sup>, Lars Bjerrum<sup>3†</sup>, Ivan Gentile<sup>4†</sup>, Rogier Hopstaken<sup>5†</sup>, Hasse Melbye<sup>6†</sup>, Andreas Plate<sup>7†</sup>, Jan Y. Verbakel<sup>8,2†</sup>, Carl Llor<sup>9†</sup> and Annamaria Staiano<sup>10†</sup>

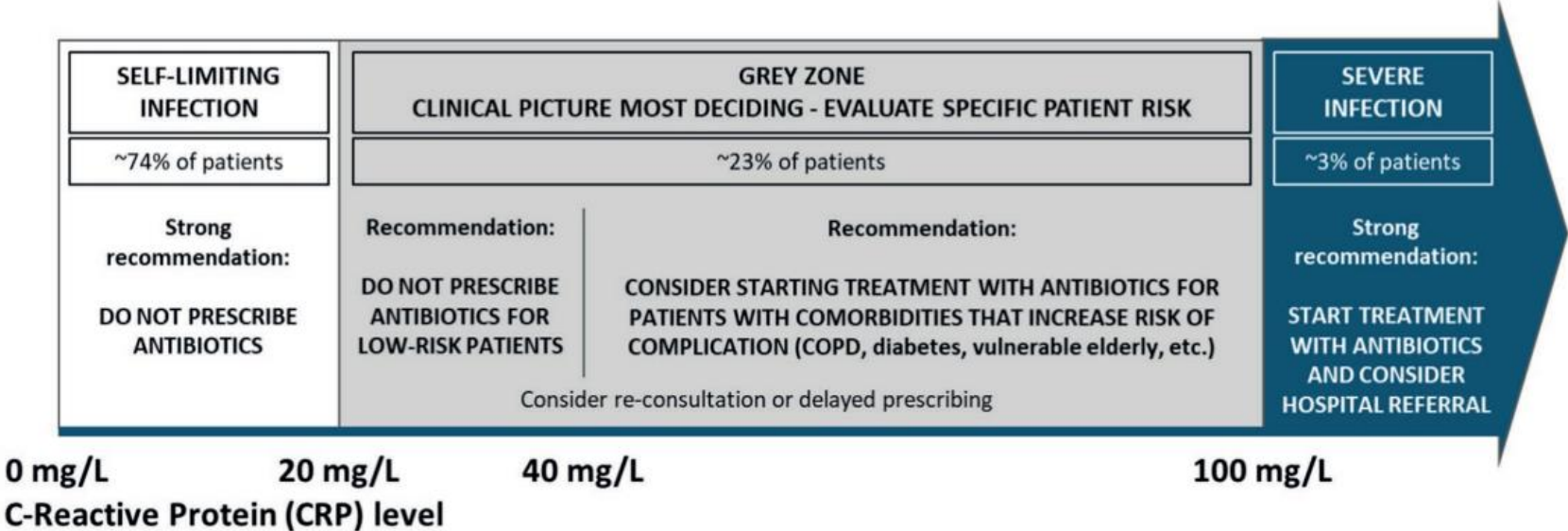


FIGURE 1  
CRP thresholds for adults presenting symptoms of LRTIs.



# The All Wales Primary Care Management of Acute COPD Exacerbation Guideline

For services with access to Point of Care CRP

## STEP 1 INFORMATION: ASSESSMENT

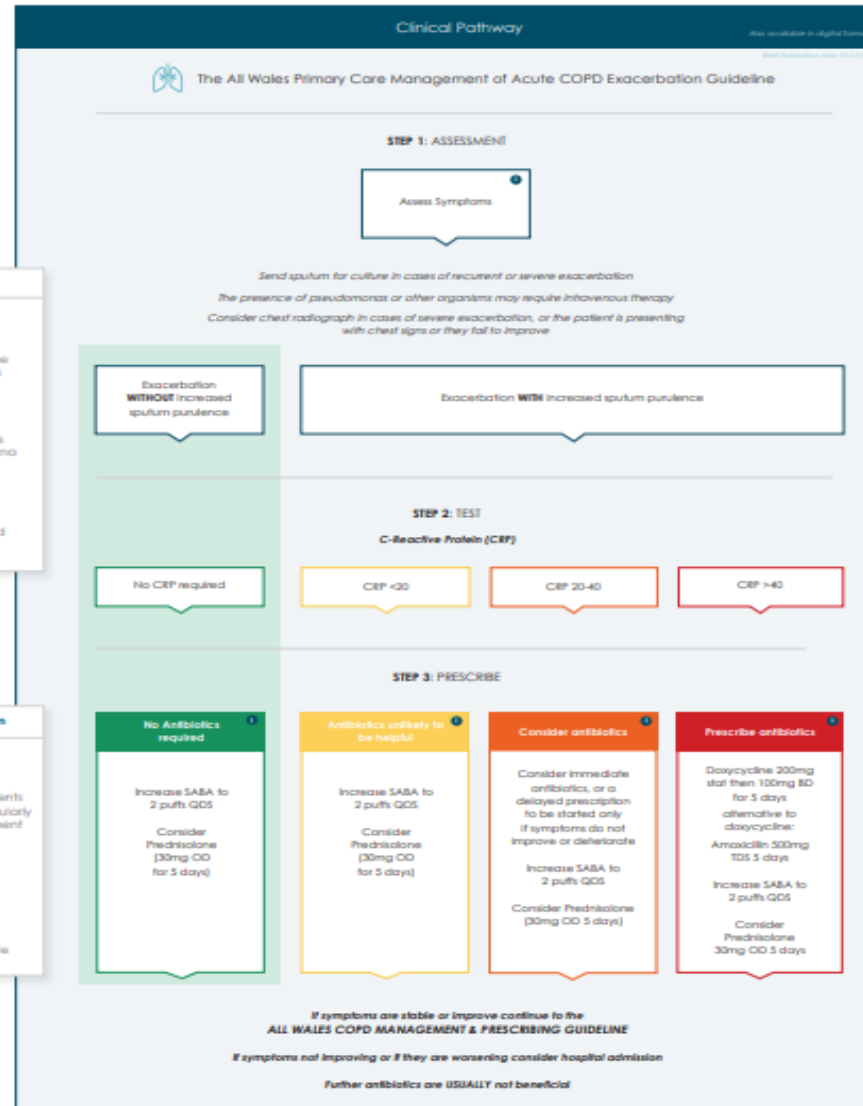
### Assess Symptoms

- Symptoms**
- Increased sputum purulence
  - Increased sputum volume
  - Increased breathlessness
- Severity**
- Impairment of ADL
  - Confusion
  - Severity of breathlessness
  - New or worsening oedema
- Measure**
- Temperature
  - Oxygen saturation
  - Examine chest
  - Blood pressure, pulse and respiratory rate

## STEP 3 INFORMATION: PRESCRIBE

### Antibiotic Consideration

- Follow breathlessness techniques
- For exacerbations in patients with severe COPD, particularly where anxiety is a prominent feature, consider:
  - Oramorph (5-10mg QDS PRN) or
  - Lorazepam (0.5-1mg TDS PRN)
- Consider palliative care referral where appropriate



ADL: Activities of daily living  
CRP: C-Reactive Protein  
PRN: As required  
SABA: Short Acting Beta Agonist  
QDS: Given daily  
BD: Twice a day  
TDS: Three times a day  
QDS: Four times a day



More information at:  
[icst.info/the-all-wales-management-of-acute-copd-exacerbation-guideline](http://icst.info/the-all-wales-management-of-acute-copd-exacerbation-guideline)

More information at:  
[icst.info/national-pathway-to-prevent-unnecessary-admissions-to-hospital-for-copd](http://icst.info/national-pathway-to-prevent-unnecessary-admissions-to-hospital-for-copd)

1992 Version 1.4 | February 2020

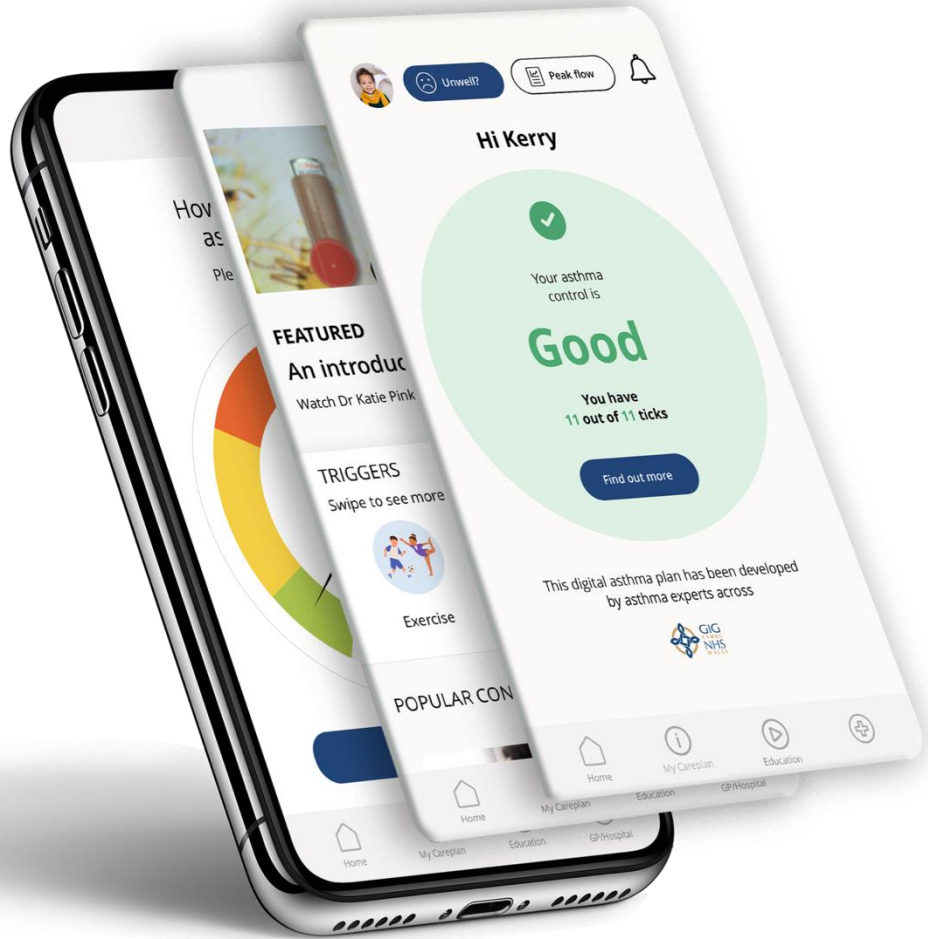
# What is happening in Wales with POC CRP?

- More Afinions POC testing devices in Wales per practice than England
- 200 Lumera DX devices, most not currently being used
- Lack of implementation of the POCT COPD CRP guideline- COVID

# Background in Wales respiratory health

- National digital approach to develop guidelines for COPD and asthma
- National patient apps for COPD and asthma
- Educational modules for HCP
- = Respiratory toolkit

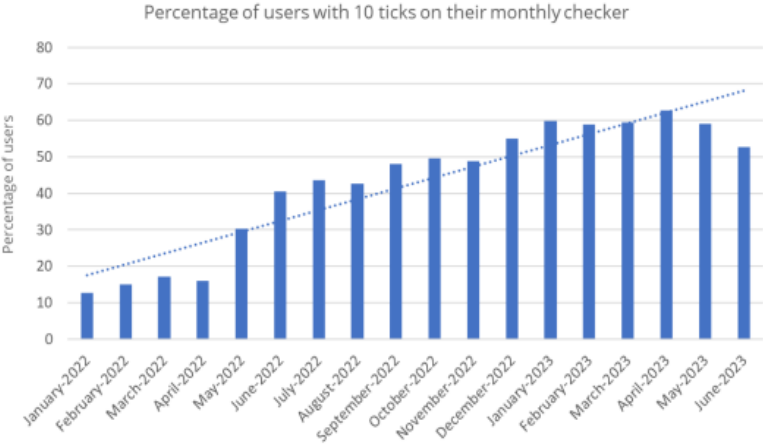




## Respiratory patient apps

- ✓ Helping you to help your patients
- ✓ Enhancing the values and techniques of self-management
- ✓ Supporting your patients to stay well
- ✓ Empowering your patients to drive standards of care

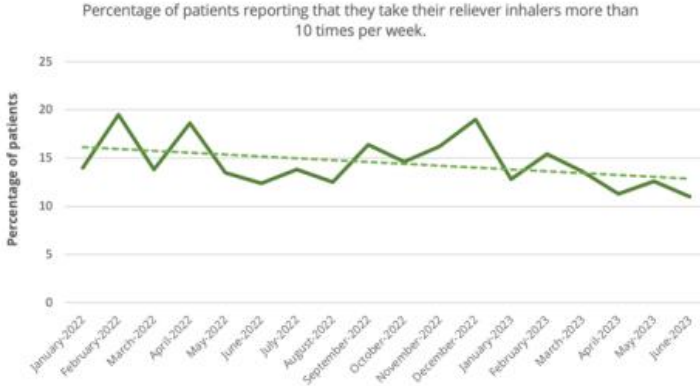
The proportion of users classified as ‘good’ increased by 300% in 18 months, from 17% in January 2022 to 68% in June 2023.



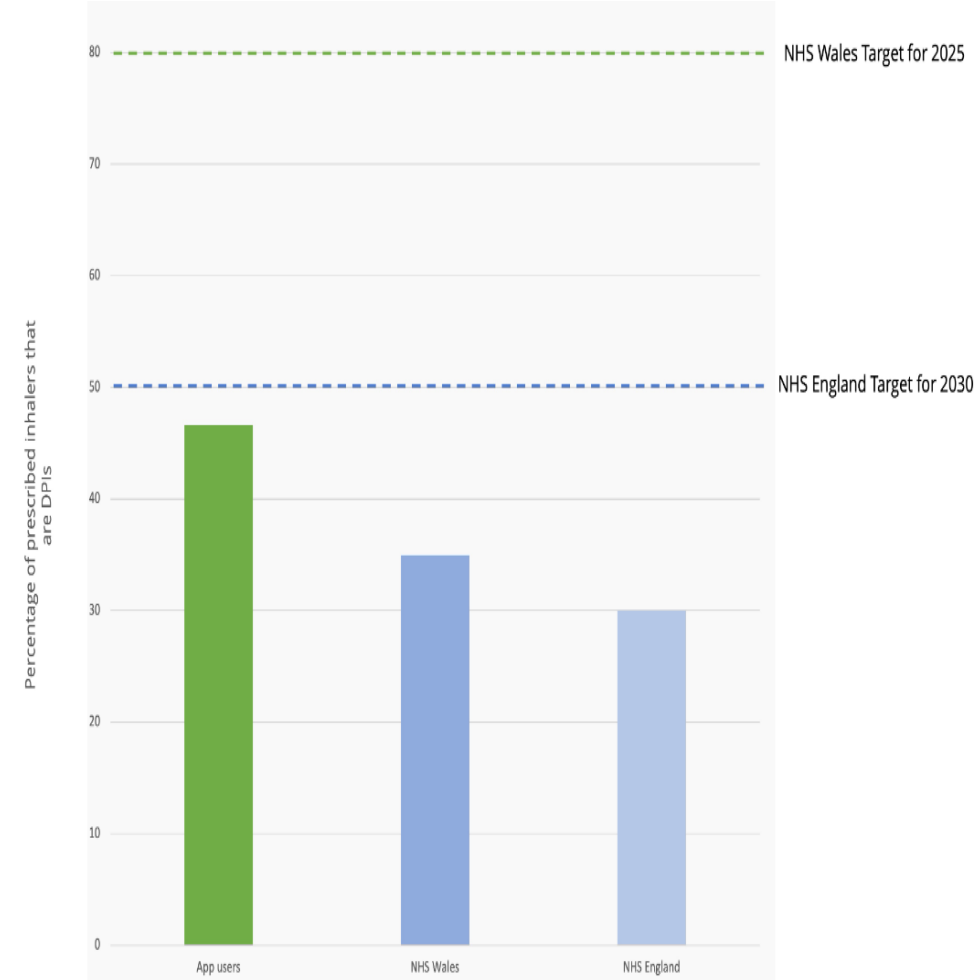
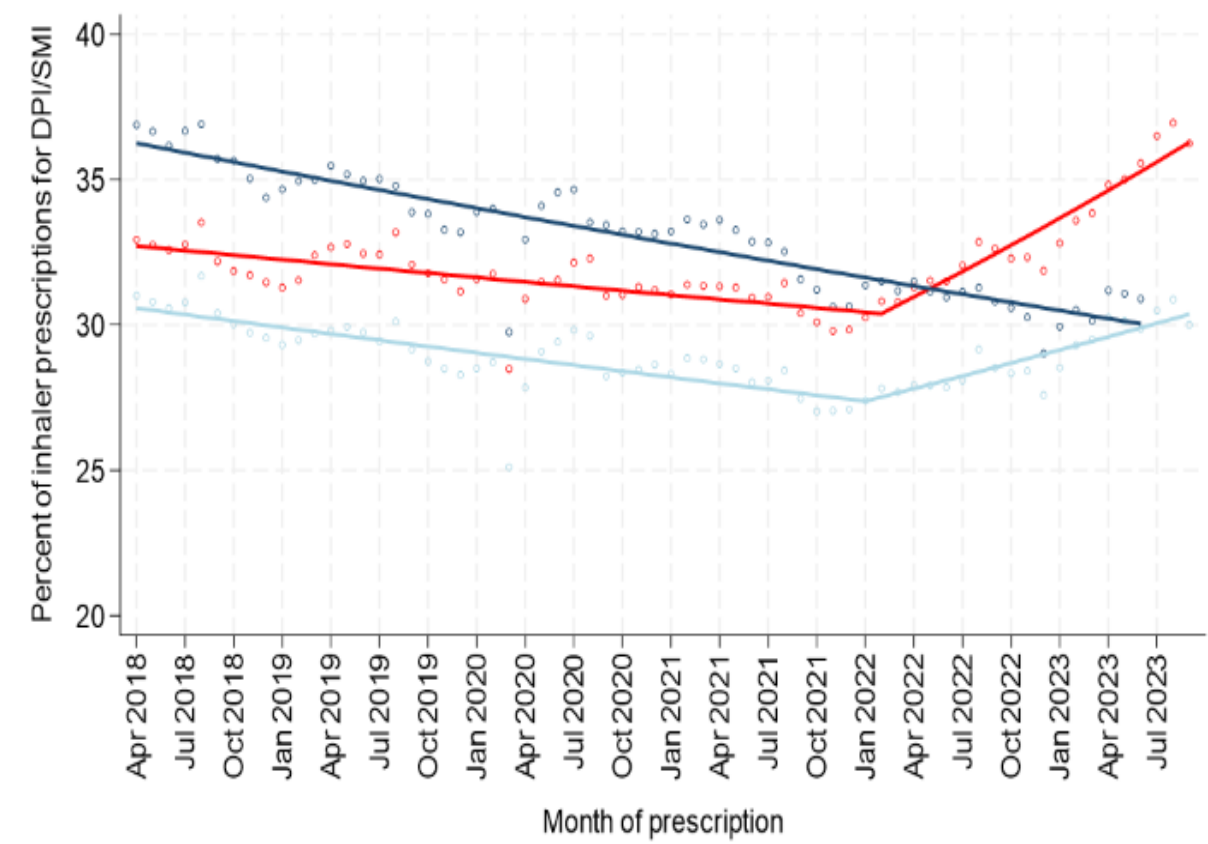
A 36% increase in the proportion of users who did not use their reliever inhaler during the month. *Trendline averages show a rise from 25% in January 2022 to 34% in June 2023.*



A 19% decrease in users who used their reliever inhaler more than 10 times per week.



With the updated data for E, W & S.



# Conclusions

- CRP is an effective tool to reduce antibiotic prescribing without increasing patient risk
- There is good evidence to support using the PACE algorithm for COPD exacerbations
- In Wales there is a well integrated respiratory toolkit that could facilitate uptake of POC CRP testing by communicating directly to patients and HCP about changes in practice