Chronic Obstructive Pulmonary Disease (COPD) Programme
JurongHealth’s Chronic Obstructive Pulmonary Disease (COPD) Integrated Care Pathway (ICP) programme is the first in Singapore to integrate the spectrum of services for patients across multiple sites such as polyclinic, general practitioner (GP) clinics, acute hospital, community hospital and home hospice care.

COPD is a debilitating disease that often presents as a chronic cough and shortness of breath. If not detected and treated early, COPD can affect quality of life with patients experiencing difficulties in walking long distances, climbing stairs and participating in activities of daily living and work. COPD can cause acute exacerbation or attack that require hospital admission and in severe cases, cause deaths. With early intervention and better management of the disease, COPD progression can be delayed or even prevented.

Under this programme, JurongHealth’s COPD patients benefit from a coordinated and multi-disciplinary approach to manage their medical condition. Dedicated coordinators, together with JurongHealth’s multi-disciplinary team of doctors, nurses, respiratory technologists, pharmacists, physiotherapists and medical social workers, will:

- Develop a customised care plan for each patient
- Empower patients towards self-management through education
- Monitor patients’ disease progression
- Coordinate referrals and patients’ appointments across care sites

By working closely with patients on the COPD programme, JurongHealth hopes to improve the life expectancy of COPD patients and improve their quality of life.

This screening tool is used as an initial assessment to determine if a patient has or is at risk of COPD. The scoring is not a conclusive method to detect or rule out COPD and JurongHealth is not liable in either circumstances. Please see a doctor immediately if you feel unwell or develop respiratory symptoms.

For more information on this programme or to register your participation, please contact us at 1800-JHS-COPD / 1800-547-2673 Monday - Friday, 8.30am - 5.30pm COPD_ICP@juronghealth.com.sg
JurongHealth COPD ICP Programme

Screening Tool for COPD

Name: Mr / Ms / Mrs / Dr ____________________________________________

NRIC No __________________________________________________________

Contact Number (HP) ____________________________ (Home No) ________________

Email Address ______________________________________________________

1. In the past four weeks, how often did you feel a shortness of breath?
   □ 0 None at all
   □ 1 A little
   □ 2 Sometimes
   □ 3 Most of the time
   □ 4 All of the time

2. Have you ever coughed up mucus or phlegm?
   □ 0 No, Never
   □ 1 Only with occasional colds or chest infections
   □ 2 Yes, a few days a month
   □ 3 Yes, a few days a week
   □ 4 Yes, every day

3. Please select the answer that best describes you in the past 12 months.
   I am less active than I used to be because of my breathing problems.
   □ 0 Strongly disagree
   □ 1 Disagree
   □ 2 Unsure
   □ 3 Agree
   □ 4 Strongly agree

4. Have you smoked at least 100 cigarettes in your entire life?
   □ 0 No
   □ 1 Yes
   □ 2 Don’t Know

5. How old are you?
   □ 0 35 - 39
   □ 1 40 - 49
   □ 2 50 - 59
   □ 3 60 - 69
   □ 4 Above 70

If the total score is 5 or above, patient is likely to have COPD.

By completing this form, the patient consents to the collection, use, disclosure and retention of their personal data and agrees to be contacted by Jurong Health Services Pte Ltd via telephone, sms, or fax, for (i) follow-ups, and (ii) advice/offer/information on medical services, medical tests (in particular a spirometry test) and medical drugs.

To arrange for a Spirometry Test
Please call our COPD ICP nurse at 8182 6546
For more information

**Ng Teng Fong General Hospital and Jurong Community Hospital**
1 Jurong East St 21, Singapore 609606
General enquiries: 6716 2000  Fax: 6716 5500
www.ntfgh.com.sg

**Clinical and appointment line hours**
(closed on Sundays and public holidays)
For appointments, please call 6716 2222
Monday - Friday 8.00am - 5.30pm,
Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233
Monday - Thursday 8.00am - 5.30pm,
Friday 8.00am - 5.00pm

**Getting there**

**By train**
Jurong East MRT Station

**By bus**
From Jurong East Bus Interchange
SBS 49, 51, 52, 66, 78, 79, 97, 97e, 98, 98M, 105, 143, 143M, 160, 183, 197, 333, 334, 335, 506
Along Boon Lay Way
SBS 99, Private bus service 625

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**Jurong Medical Centre**
60 Jurong West Central 3, Singapore 648346
General enquiries: 6716 2000  Fax: 6551 7999
www.jmc.com.sg

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Monday - Thursday 8.00am - 5.30pm,
Friday 8.00am - 5.00pm

**Getting there**

**By train**
Boon Lay MRT Station

**By bus**
SMRT 172, 178, 180, 187

**Disclaimer:**
The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor’s advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.