COPD reference guide

Canadian-first source map for patient education and clinician conversation.

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General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

How to use this guide

Ontario Health and Canadian Thoracic Society guidance are the clinical anchors. Canadian patient resources explain symptoms and self-management. U.S., U.K. and global sources provide comparison and background. Always check the current source before applying a recommendation.

Clinical themes

- Confirm suspected COPD with quality-assured post-bronchodilator spirometry.
- Assess symptoms, function, exacerbations, comorbidities, exposures, inhaler technique and goals.
- Use shared decisions for medication classes, pulmonary rehabilitation, vaccines, oxygen and referral.
- Create a written action plan and safety-net advice for flare-ups.
- Keep Ontario coverage and referral information separate from clinical guideline recommendations.

Copyright and reuse

This original guide links to third-party sources and paraphrases their educational themes. It does not reproduce third-party text, tables, figures or logos. Source owners' terms remain in force.

Sources and limitations

Canadian guidance is listed first. U.S., U.K. and global sources are comparison resources. Links were verified on 20 November 2026. Source content is copyrighted and is summarized in original wording.

Ontario Health COPD quality standard: https://www.ontariohealth.ca/clinical/quality-standards/chronic-obstructive-pulmonary-disease

Canadian Thoracic Society COPD guideline: https://cts-sct.ca/guideline-library/

Lung Health Foundation COPD: https://lunghealth.ca/lung-disease/copd/

HealthLink BC COPD: https://www.healthlinkbc.ca/healthwise/copd-chronic-obstructive-pulmonary-disease

Health811 and Ontario care: https://www.ontario.ca/page/your-health

Ontario prescription-drug coverage: https://www.ontario.ca/page/get-coverage-prescription-drugs

NHLBI COPD diagnosis: https://www.nhlbi.nih.gov/health/copd/diagnosis

CDC About COPD: https://www.cdc.gov/copd/about/

American Thoracic Society pulmonary rehabilitation: https://www.thoracic.org/advocacy-patients/patient-resources/pulmonary-rehabilitation

NICE NG115 COPD guideline: https://www.nice.org.uk/guidance/ng115

GOLD 2026 report: https://goldcopd.org/2026-gold-report-and-pocket-guide/