

Preliminary Real-World Results of a Community Pharmacy-Based Intervention in COPD: Evidence from the Chronic Diseases from A to Z Program

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Background

Chronic obstructive pulmonary disease (COPD) remains a major public health challenge, particularly among older adults¹. Suboptimal adherence and poor inhaler technique are frequent causes of uncontrolled symptoms, exacerbations and increased healthcare utilization². Community pharmacies (CPh) are highly accessible healthcare settings in Portugal and represent an untapped opportunity for COPD screening, patient education and longitudinal therapeutic support.

Purpose

To describe the demographic and clinical characteristics of patients enrolled in a structured, **pharmacy-based intervention for COPD** in Portugal, and to assess the **feasibility** of CPh in engaging patients through a **disease awareness** campaign and a **medication management** program for those on fixed-dose triple therapy (FDTT).

Results

Key results (Updated on September 15, 2025)

- 270 COPD patients enrolled: 158 non-FDTT (59 %) and 112 FDTT (41 %).
- 71 FDTT patients have already completed 3-months follow-up period.
- Mean age 67.4 years; 51% female.
- FDTT patients had higher symptom burden (mMRC ≥ 2 : 69% vs 46%).
- Greater emergency-care use and treatment escalation, particularly among FDTT patients.
- Medication adherence and inhaler technique improved at 3 months.

Study progress

April 25

76%

Enrolled Pharmacies

42

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