

## Chronic Obstructive Pulmonary Disease (COPD) Evidence Based Nutrition Practice Guideline (EBNPG)

COPD RECOMMENDATIONS (2008)	COPD RECOMMENDATIONS (2019)	SUMMARY OF CHANGES <sup>1</sup>
<b>SCREENING AND REFERRAL</b>		
No SCREENING AND REFERRAL recommendations.		
<b>NUTRITION ASSESSMENT</b>		
<b>COPD: Assessment of Quality of Life (QOL)</b>	None.	Not reviewed; <sup>2</sup> although QOL as an outcome was included in <b>COPD: MNT</b> .
<b>COPD: Bone Density Screening</b>	None.	Not reviewed. <sup>2</sup>
None.	<b>COPD: Assessment of Energy Intake</b>	New.
<b>COPD: Assessment of Weight Status and Body Composition</b> 1. <i>COPD: Assessment of Weight Status</i> 2. <i>COPD: Measurement of Body Composition</i>	<b>COPD: Assessment of Body Weight (BW)</b>	Updated BW recommendation. Body composition was included in the systematic review (SR) only.
<b>COPD: Assessment of Energy Needs</b> 1. <i>COPD: Determination of Energy Needs</i> 2. <i>COPD: Energy Needs in Stable COPD</i> 3. <i>COPD: Energy Needs During Exacerbation</i> 4. <i>Critical Illness and Energy Expenditure Algorithm</i>	<b>COPD: Assessment of Energy Needs</b> 1. <i>COPD: Estimating Resting Metabolic Rate (RMR)</i> 2. <i>COPD: Estimating Total Energy Expenditure (TEE)</i>	Updated.
None.	<b>COPD: Assessment of Serum 25(OH)D</b> 1. <i>COPD: Assessment of Serum 25(OH)D Levels</i> 2. <i>COPD: Assessment of Exacerbations</i>	New.
<b>NUTRITION DIAGNOSIS</b>		
No NUTRITION DIAGNOSIS recommendations.		
<b>NUTRITION INTERVENTION</b>		
<b>COPD: Medical Nutrition Therapy<sup>3</sup></b>	<b>COPD: Medical Nutrition Therapy (MNT)</b>	Updated (evidence-based).
None.	<b>COPD: Energy Prescription</b>	New.
None.	<b>COPD: Macronutrient Composition (Percent Distribution)</b>	New.
<b>COPD: Medical Food Supplements (MFS)</b> 1. <i>COPD: Macronutrient Composition of MFS</i> 2. <i>COPD: Frequent Small Amounts of MFS</i> 3. <i>COPD: MFS for Inpatients</i>	None.	Not reviewed.

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COPD RECOMMENDATIONS (2008)	COPD RECOMMENDATIONS (2019)	SUMMARY OF CHANGES <sup>1</sup>
4. COPD: MFS for Outpatients		
<b>COPD: Treatment of Osteopenia and Osteoporosis<sup>3</sup></b>	None.	Not reviewed.
None.	<b>COPD: Vitamin D Supplementation (Suppl)</b> 1. COPD: Vitamin D Suppl for Serum 25(OH)D Levels 10ng/ml or Lower 2. COPD: Vitamin D Suppl for Serum 25(OH)D Levels 11-29ng/ml	New.
<b>COPD: Antioxidant Vitamins</b>	None.	Not reviewed.
<b>COPD: Omega-3 Fatty Acids</b>	None.	Not reviewed.
<b>COPD: Milk Consumption and Mucus Production</b>	None.	Not reviewed.
<b>COPD: Integrated Care<sup>3</sup></b>	None.	Not reviewed, although multidisciplinary aspects were included in <b>COPD: MNT</b> .
<b>COPD: Oxygen Therapy</b>	None.	Not reviewed. <sup>2</sup>
<b>COPD: Collaboration on Pharmacotherapy<sup>3</sup></b>	None.	Not reviewed. <sup>2</sup>
<b>NUTRITION MONITORING &amp; EVALUATION (M&amp;E)</b>		
<b>COPD: M&amp;E QOL</b>	None.	Not reviewed; <sup>2</sup> although QOL as an outcome was included in <b>COPD: MNT</b> .
<b>COPD: M&amp;E Weight Status and Body Composition</b> 1. COPD: M&E Weight Status 2. COPD: M&E Body Composition	<b>COPD: M&amp;E Energy Intake and Body Weight for Energy Needs</b>	Updated BW recommendation; added energy needs and energy intake. Body composition was included in the SR only.
None.	<b>COPD: M&amp;E Serum 25(OH)D Status</b>	New.
None.	<b>COPD: M&amp;E Effect of Vitamin D Suppl</b>	New.
<b>OUTCOMES MANAGEMENT</b>		
No OUTCOMES MANAGEMENT recommendations.		

<sup>1</sup>Unchanged; Updated recommendation; New recommendation; or Not reviewed.

<sup>2</sup>The 2008 COPD recommendation was not reviewed by the COPD expert workgroup, because the topic was considered outside the scope of the 2019 COPD EBNPG.

<sup>3</sup>Recommendation rating was consensus (expert opinion).