

NOT ALL BREATHLESSNESS IS COPD, ASTHMA, OR CHF.^{1,2} SUSPECT PULMONARY FIBROSIS

C.H.E.C.K. FOR ILD TODAY

- C** Cough that is nonproductive and chronic³⁻⁵

- H** HRCT can identify lung abnormalities⁶

- E** Exertional dyspnea even with mild activity³⁻⁵

- C** Crackles that are bibasilar on inspiration⁵









- K** Know your patients' PFT results⁷

Refer patients to a healthcare provider who specializes in interstitial lung disease if ILD is suspected^{8,9}

CHF, congestive heart failure; COPD, chronic obstructive pulmonary disease; HRCT, high-resolution computed tomography; ILD, interstitial lung disease; PFT, pulmonary function test.

IDENTIFYING PULMONARY FIBROSIS AS EARLY AS POSSIBLE IS CRITICAL FOR TIMELY INTERVENTION^{10,11}

Vigilant and proactive monitoring can help identify signs of progression of pulmonary fibrosis

Observe for worsening respiratory symptoms ^{5,7}	 Cough  Dyspnea
Listen on lung auscultation ⁵	 Velcro [®] -like crackles on inspiration
Order baseline PFTs and monitor regularly to assess progression ^{7,8}	 Restrictive PFT  Reduced FVC and DL _{co}
Order HRCT at baseline to confirm lung fibrosis and periodically to assess progression ^{8,12}	 Both UIP and NSIP patterns are common across ILDs
Obtain functional assessment (ie, 6MWD) at baseline and periodically to assess progression ¹³	 Decreased walk distance  Desaturation

6MWD, 6-minute walk distance; DL_{co}, diffusing capacity of the lungs for carbon monoxide; FVC, forced vital capacity; NSIP, nonspecific interstitial pneumonia; UIP, usual interstitial pneumonia.

References: 1. Mason RJ et al. Murray & Nadel's Textbook of Respiratory Medicine. 5th ed. Saunders Elsevier; 2010. 2. Olson AL et al. *Patient Relat Outcome Meas.* 2016;7:29-35. 3. Cosgrove GP et al. *BMC Pulm Med.* 2018;18(1):9. 4. Wong C et al. *Cureus.* 2018;10(10):e3991. 5. Zibrak JD, Price D. *NPJ Prim Care Respir Med.* 2014;24:14054. 6. Mueller-Mang C et al. *Radiographics.* 2007;27(3):595-615. 7. Ryu JH et al. *Mayo Clin Proc.* 2007;82(8):976-986. 8. Cottin V et al. *Eur Respir Rev.* 2018;27(150):180076. 9. Maher TM, Strek ME. *Respir Res.* 2019;20(1):205. 10. Richeldi L et al. *Lancet.* 2017;389(10082):1941-1952. 11. Richeldi L et al. *Eur Respir Rev.* 2018;27(150):180074. 12. Wells AU et al. *Eur Respir J.* 2018;51(5):1800692. 13. Cottin V et al. *Eur Respir Rev.* 2019;28(151):180100.