



IMPROVING HEALTH CARE QUALITY

## Use of Spirometry Testing in the Assessment and Diagnosis of COPD

Blue Cross and Blue Shield of Texas (BCBSTX) collects quality data from our providers to measure and improve the quality of care our members receive. Use of Spirometry Testing in the Assessment and Diagnosis of Chronic Obstructive Pulmonary Disease (COPD), or SPR, is one aspect of care we measure in our quality programs. Quality measures evaluate a prior calendar year performance.

### What We Measure

We capture the percentage of members ages 40 and older who received spirometry testing to confirm either a new diagnosis of COPD or newly active COPD.

SPR is a Healthcare Effectiveness Data and Information Set (HEDIS®) measure. See the [National Committee for Quality Assurance \(NCQA\) website](#) for more details.

### Why It Matters

COPD is a progressive, irreversible respiratory condition. Chronic lower respiratory diseases, including asthma, are the fourth leading cause of death in the U.S. Spirometry testing is the preferred method for the diagnosis and assessment of COPD, but it is underused, according to the [NCQA](#). Earlier diagnosis using spirometry testing with appropriate treatment may protect against worsening symptoms and decrease the number of exacerbations.



## Eligible Population

Members ages 42 years and older during the measurement year are included in this measure.

**Exclusions:** Members who received hospice care during the measurement year are excluded.

## Tips to Consider

- Consider pre-visit chart review and planning to help manage members' chronic conditions.
- Proper diagnosis is essential to ensure members receive appropriate short and long-term treatment. Symptomatic and asymptomatic members suspected to have COPD should have spirometry testing to document airway limitation and severity.
- Review the clinical literature on spirometry tests. Tests are underutilized but recommended by scientific guidelines and specialty societies to confirm the diagnosis of COPD.
- Use complete and accurate codes.
- Submit claims and encounter data in a timely manner.

## How to Document

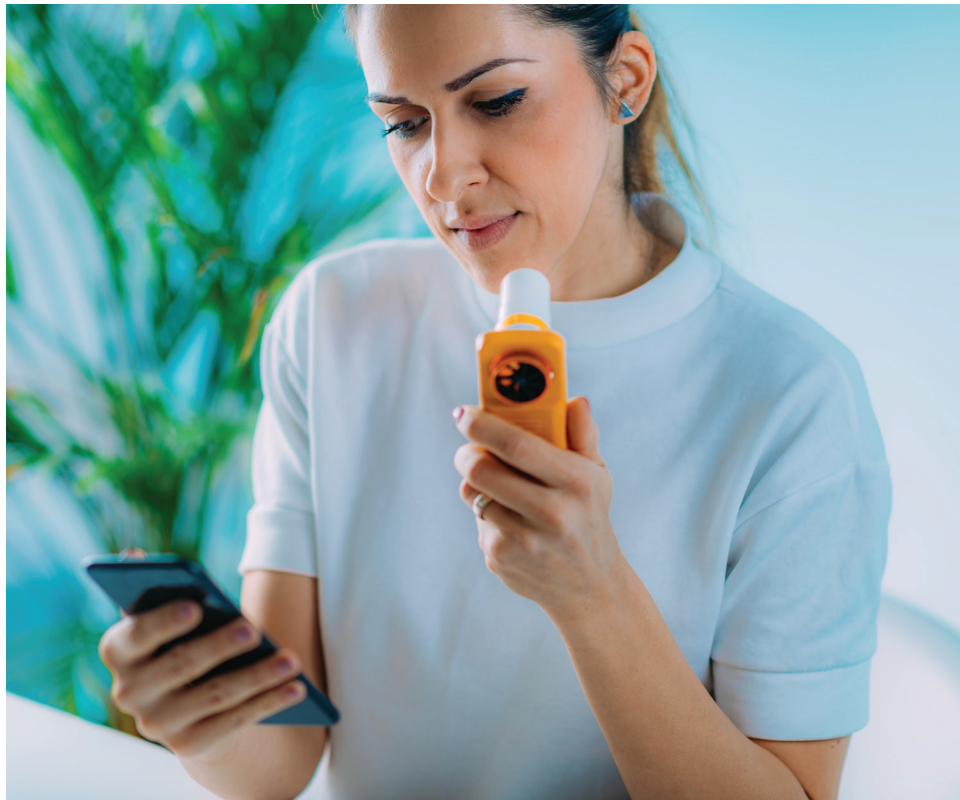
- Document the date of spirometry testing and clear evidence the test was completed, such as the spirometry results.
- Provide evidence of a spirometry test confirming the COPD diagnosis during the two years before or six months after the start of the episode.

For more information, see [NCQA's HEDIS Measures and Technical Resources](#).



### Questions?

Contact your BCBSTX Network Representative.



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