



IMPROVING HEALTH CARE QUALITY

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

Blue Cross and Blue Shield of Illinois (BCBSIL) collects quality data from our providers to measure and improve the quality of care our members receive. The 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 [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

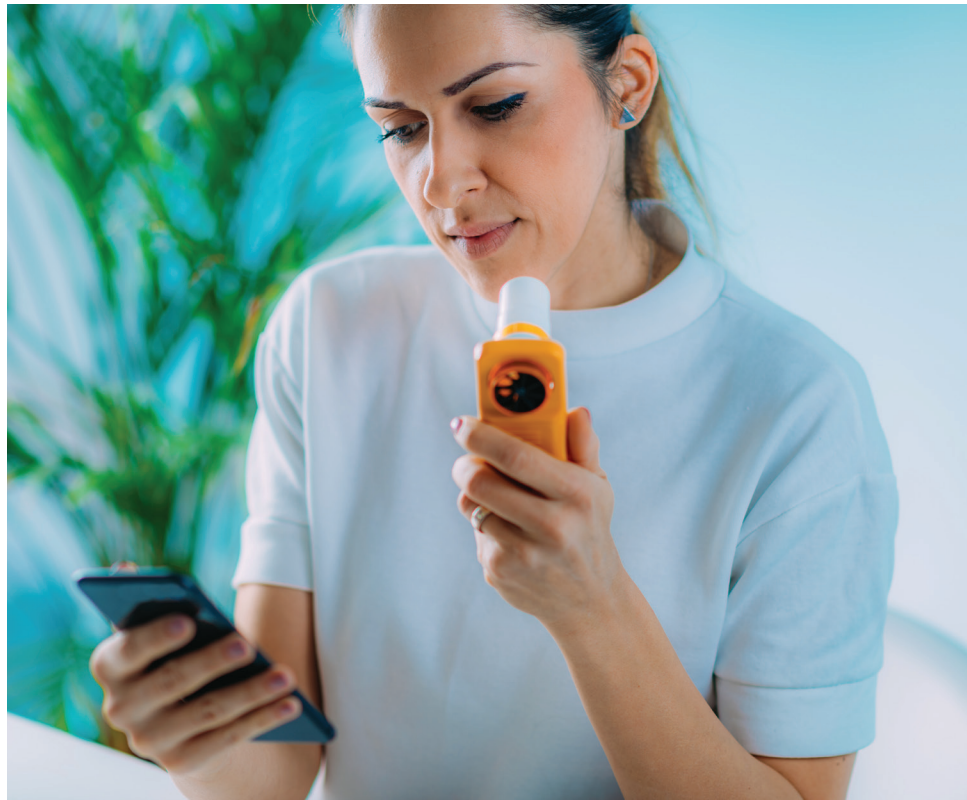
- Document the date of spirometry testing and clear evidence the test was completed, such as the spirometry results.
- Provide evidence of a spirometry test confirming the COPD diagnosis during the two years before or six months after the start of the episode.

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



### Questions?

Contact your BCBSIL Provider Network Consultant.



The above material is for informational purposes only and is not a substitute for the independent medical judgment of a physician or other health care provider. Physicians and other health care providers are encouraged to use their own medical judgment based upon all available information and the condition of the patient in determining the appropriate course of treatment. The fact that a service or treatment is described in this material is not a guarantee that the service or treatment is a covered benefit and members should refer to their certificate of coverage for more details, including benefits, limitations and exclusions. Regardless of benefits, the final decision about any service or treatment is between the member and their health care provider.

HEDIS is a registered trademark of NCQA. Use of this resource is subject to NCQA's copyright, [found here](#). The NCQA HEDIS measure specification has been adjusted pursuant to NCQA's Rules for Allowable Adjustments of HEDIS. The adjusted measure specification may be used only for quality improvement purposes.