

COPD-X Summary of Changes V2.78

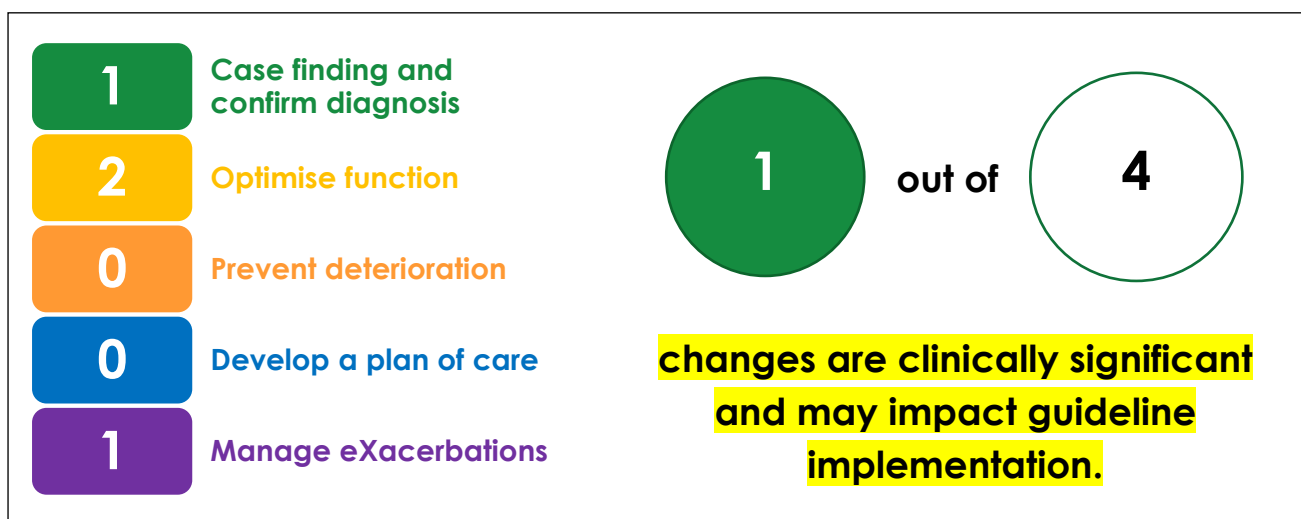
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Snapshot of the evidence review cycle for V2.78 – October 2025

The latest update of the COPD-X Plan has been provided by Lung Foundation Australia following the **October 2025** meeting of the COPD-X Guidelines Committee.

There are **4** changes outlined in this summary.



Implications for Clinical Practice

All changes made to the COPD-X Plan are outlined below. Changes highlighted in yellow are differentiated as the most likely to have an impact on guideline implementation and clinical practice.

C: Case finding and confirm diagnosis

Section heading	Change summary	Type of change	Key Recommendation	Page
C2.6. Incidental findings	1. New section addressing the Australian National Lung Cancer Screening Program (NLCSP) launched in July 2025 as a new opportunity for case finding.	Implementation note	Confirm COPD with spirometry (post-bronchodilator FEV1/FVC <0.7) [evidence level III-2, strong recommendation]	

O: Optimise function

Section heading	Change summary	Type of change	Key Recommendation	Page
O4.4 Biologic therapies	2. Contextual update regarding Therapeutic Goods Administration (TGA) status for biologics indicated for COPD. While the TGA has approved the expanded indication for dupilumab, (as add-on maintenance in adult patients with COPD with type 2 inflammation that is inadequately controlled despite optimised combination ICS / LABA / LAMA) with a similar application under evaluation for mepolizumab, no biologics are currently available on the Pharmaceutical Benefits Scheme (PBS) for COPD.	Implementation note	N/A	
O10. Palliative and supportive care	3. A full-section update of the chapter, with key changes including Reversed stance on oral opioid use for daily breathlessness, moving from “supported for refractory breathlessness” to “not recommended except for end-of-life care. This shift reflects the ERS 2024 guidelines conditional recommendation against oral opioid use for daily breathlessness due to lack of meaningful benefit and increased adverse events. Benzodiazepines still discouraged, with mortality risk highlighted. Opioids reserved only for very end of life, with careful titration.	Section rewrite. Outdated citations removed. New citations added.	Consider palliative care early, ideally from a multidisciplinary team, to control symptoms and to address psychosocial issues [evidence level II, weak	

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	- Stronger emphasis on early integration of palliative and supportive care principles, regardless of prognosis, and concurrent with active treatment - Stronger evidence base and guideline endorsement for non-pharmacological first line care. - A new section on fatigue (O10.1.2), highlighting prevalence (up to 95%), multifactorial mechanisms, and evidence based interventions (graded exercise therapy, self-management education, remote PR). - Adds section on chronic cough burden, mechanisms, and lack of effective interventions. - Detailed practical guidance (timing, topics, cadence), stresses repeated discussions and documentation, and cites Australian audits showing gaps in goal-of-care conversations for advanced care planning. - Stronger endorsement of multicomponent, multidisciplinary services per ERS 2024 guideline, with meta analytic evidence for improved patient outcomes.		recommendation]	

X: Manage eXacerbations

Section heading	Change summary	Type of change	Key Recommendation	Page
X3.2.1 High flow versus non-invasive ventilation for acute exacerbations	4. New subsection comparing evidence on humidified nasal high flow / high-flow nasal oxygen (hNHF / HCNO) versus non-invasive ventilation (NIV) in reducing treatment failure for individuals hospitalised with acute exacerbations of COPD and mild hypercapnic respiratory failure. Overall, NIV remains the first-line ventilatory support for acute exacerbations of COPD with moderate-to-severe hypercapnic respiratory failure.	New subsection	Non-invasive ventilation improves survival for people with COPD and acute hypercapnic respiratory failure [evidence level I].	

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O10.1 Palliative and supportive care

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X3.2.1 High flow versus non-invasive ventilation for acute exacerbations

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