APPENDIX 1: East London COPD Study Diary Card and Instructions.

APPENDIX 2: Publications Arising from this Thesis.

NAME	
Study Number	

March 2006	NEXT APPOINTMENT
WORSENING SYMPTOMS? CALL US	/ /06 . am

THE EAST LONDON COPD STUDY

DATE	1	2	3	4	5	6	7	8	9	10	11
Peak Flow											
CHANGE in Symptoms											
CHANGE in Treatment											
Hours Out of the Home											

DATE	12	13	14	15	16	17	18	19	20	21	22
Peak Flow											
CHANGE in Symptoms											
CHANGE in Treatment											
Hours Out of the Home											

DATE	23	24	25	26	27	28	29	30	31
Peak Flow									
CHANGE in Symptoms									
CHANGE in Treatment									
Hours Out of the Home									

THE EAST LONDON COPD STUDY

Instructions for filling in the DIARY CARDS

EVERY DAY…

1. After taking morning medications record the best of 3 attempts at the PEAK FLOW blowing test in the box on the sheet.
2. Please record any **WORSENING** of symptoms from your usual daily level. The symptoms we are interested in are listed below, just put the appropriate letter in the box on the sheet. Continue recording until the symptom has gone away or got back to the level you consider 'normal'.

Letter	Symptom
A	increased BREATHLESSNESS.
B1	increased SPUTUM COLOUR.
B2	increased SPUTUM AMOUNT.
C	a COLD (such as a runny or blocked nose).
D	increased WHEEZE or CHEST TIGHTNESS.
E1	SORE THROAT.
E2	increased COUGH.
F	FEVER.

If you experience a worsening in any one of these symptoms please phone us to arrange an assessment visit, and do this BEFORE starting any antibiotic or steroid tablets. The phone number is

07762 038662.

Wayomi, Tom or John will have the phone and we can usually arrange to see you later the same day or the following morning.

It is best to phone first-thing in the morning.

3. Please record any **CHANGE** to your usual treatment for as many days as it applies. Again, just put the appropriate letter in the box on the sheet.

Letter	Treatment
H	I am in Hospital.
I	I am taking more than usual INHALED STEROID (red / brown).
R	I needed to take extra RELIEVER (blue / green / grey / nebuliser). **HOW MANY PUFFS?** Write, eg 'R3' for 3 puffs, 'R2' for 2 etc
S	I am taking STEROID (Prednisolone) TABLETS. **HOW MANY TABLETS?** Write, eg 'S6' for 6 tablets, 'S5' for 5 etc
X	I am taking ANTIBIOTIC TABLETS. **PLEASE RECORD WHICH** (write the name on the diary card).

4. Finally, please estimate the time that you were out of your own home on the previous day.

Appendix 2: Publications arising from this thesis

Paper:

Perera WR, Hurst JR, Wilkinson TM, Sapsford RJ, Mullerova H, Donaldson GC, Wedzicha JA. Inflammatory changes, recovery and recurrence at COPD exacerbation. *Eur Respir J*. 2007; 29(3):527-34.

Abstracts:

W.R. Perera, C. Ling, J.R. Hurst, T.M. Wilkinson, T. McHugh, G.C. Donaldson, J.A. Wedzicha. Detection of Bacteria by Real Time PCR and Airway Inflammation at Exacerbation of COPD. *Am J Resp Crit Care Med* 2007, Vol 175 (abstracts) Page: A992

W.R. Perera, C. Ling, J.R. Hurst, T.M. Wilkinson, T. McHugh, G.C. Donaldson, J.A. Wedzicha. Detection of S Pneumoniae, H Influenzae and M Catarhalis by Real Time PCR at Exacerbation of COPD. *Am J Resp Crit Care Me*, 2007, Vol 175 (abstracts) Page: A991.

W.R.Perera, C.Ling, T.McHugh, G.C.Donaldson, J.A.Wedzicha. Quantitative detection of S.pneumoniae, H.influenzae and M.Catarrhalis in sputum samples from COPD patients by real-timePCR. *Thorax*, 2006, Vol 61.

W.R. Perera, J.R. Hurst, T.M.A. Wilkinson, G.C. Donaldson and J.A. Wedzicha. Serum C reactive protein 14 days after a COPD exacerbation and time to the next exacerbation. *Eur Respir J* 2006, Suppl 50, 177s.

W.R. Perera, J.R. Hurst, T.M.A. Wilkinson, G.C. Donaldson and J.A. Wedzicha. COPD exacerbations, colds and persistently higher airway inflammation after 7 days. *Eur Respir J* 2006, Suppl 50, 176s.

W.R. Perera, H. Mullerova, J.R. Hurst, T.M.A. Wilkinson, G.C. Donaldson and J.A. Wedzicha. Persistent Airway and Systemic Inflammation and Non-Recovery at COPD Exacerbations. *PATS Abstracts Issue* April 2006, A271.

W.R. Perera, H. Mullerova, J.R. Hurst, T.M.A. Wilkinson, G.C. Donaldson and J.A. Wedzicha. Differences in Systemic Inflammation at COPD Exacerbations between Frequent and Infrequent Exacerbators. *PATS Abstracts Issue* April 2006, A604

W.R. Perera, J.R. Hurst, T.M.A. Wilkinson, G.C. Donaldson and J.A. Wedzicha. Serum C-Reactive Protein and Recurrent COPD Exacerbations. *PATS Abstracts Issue* April 2006, A840.

W.R. Perera, J.R. Hurst, T.M.A. Wilkinson, G.C. Donaldson and J.A. Wedzicha. Serum interleukin-6 at COPD exacerbation and subsequent hospitalisation. *Thorax* 2005, Suppl II, ii84

W.R. Perera, J.R. Hurst, T.M.A. Wilkinson, G.C. Donaldson and J.A. Wedzicha. Outcome of COPD exacerbations treated with and without oral steroids in relation to airway and systemic inflammation. *Eur Respir J* 2005; Suppl 49, 283s.

W.R. Perera, J.R. Hurst, T.M.A. Wilkinson, G.C. Donaldson and J.A. Wedzicha. Time course of sputum and serum interleukin-6 during COPD exacerbations. *Eur Respir J* 2005; Suppl 49, 464s .

W.R. Perera, J.R. Hurst, T.M.A. Wilkinson, G.C. Donaldson and J.A. Wedzicha. Outcome of COPD exacerbations treated with and without oral steroids in relation to airway and systemic inflammation. *Eur Respir J* 2005; Suppl 49, 283s.

W.R. Perera, J.R. Hurst, T.M.A. Wilkinson, G.C. Donaldson and J.A. Wedzicha. Time course of sputum and serum interleukin-6 during COPD exacerbations. *Eur Respir J* 2005; Suppl 49, 464s .

W.R. Perera, J.R. Hurst, T.M.A. Wilkinson, G.C. Donaldson and J.A. Wedzicha. Serum CRP levels and sputum bacterial load in stable COPD. *Am J Respir Crit Care Med* 2005, vol 2, A137

W.R. Perera, L.J. Hammond, J.R. Hurst, T.M.A Wilkinson, G.C. Donaldson and J.A.. Wedzicha. Peripheral blood neutrophils in stable COPD and at exacerbation. *Thorax* 2004,59(suppl II): ii58

W.R. Perera, L.J. Hammond, J.R. Hurst, T.M.A Wilkinson, G.C. Donaldson and J.A.. Wedzicha. Peripheral blood T cell subsets in stable COPD and at exacerbation. *Thorax* 2004,59(suppl II): ii58

W.R. Perera, J.R. Hurst, T.M.A. Wilkinson, G.C. Donaldson and J.A. Wedzicha. Time course of serum interleukin 6 during COPD exacerbations. *Eur Respir J* 2004; 24(suppl 48): 305s.

W.R. Perera, L.J. Hammond, J.R. Hurst, T.M.A. Wilkinson, G.C. Donaldson and J.A. Wedzicha. Peripheral blood T cell subsets in COPD and their relationship to Smoking and Bacterial Colonisation. *Am J Respir Crit Care Med* 2004; 169: 7: A841.