

World Chronic Obstructive Pulmonary Disease (COPD) Day

Date :- 20 November 2025

Venue :- Multipurpose hall, Kalyan College of Nursing Rajura

Theme:- “short of breath , think COPD”

World Chronic Obstructive Pulmonary Disease (COPD) Day is an annual global campaign held on the third Wednesday of November to raise awareness for one of the world's leading causes of death. Organized by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) in collaboration with the World Health Organization (WHO), the event unites healthcare professionals and patient groups in over 50 countries.

Introduction

Chronic Obstructive Pulmonary Disease (COPD) is a progressive, preventable, and treatable lung condition that makes breathing difficult. It primarily encompasses chronic bronchitis and emphysema, often caused by long-term exposure to tobacco smoke, air pollution, or occupational hazards. Despite being the third leading cause of death globally, responsible for over 3 million lives annually, it remains significantly underdiagnosed and misunderstood. World COPD Day serves as a platform to bridge this awareness gap and advocate for better respiratory care.

Aims

The broad purpose of World COPD Day is to:

1. **Raise Global Awareness:** Educate the public, policymakers, and healthcare providers about the massive global burden of COPD.
2. **Share New Knowledge:** Present the latest scientific research, diagnostic tools, and therapeutic strategies to the medical community.
3. **Reduce Global Burden:** Mitigate the physical, social, and economic impact of the disease through community-driven initiatives and advocacy.
4. **Advocate for Policy Change:** Influence governments to prioritize lung health in public health agendas and increase funding for respiratory care.

Objectives

World COPD Day focuses on several actionable objectives:

1. **Promote Early Diagnosis:** Encourage the use of spirometry (lung function tests) to detect the disease in its early stages before significant lung damage occurs.
2. **Enhance Patient Empowerment:** Provide resources on self-management, including breathing exercises, nutrition, and pulmonary rehabilitation programs.
3. **Encourage Prevention:** Highlight the importance of quitting smoking and reducing exposure to indoor/outdoor air pollutants as primary preventive measures.
4. **Improve Access to Treatment:** Advocate for equitable access to essential medications like inhalers and oxygen therapy, especially in underserved regions.
5. **Support Holistic Care:** Promote the integration of psychological and nutritional support to improve the overall quality of life for patients and their caregivers.

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