



慢性阻塞性肺病的急性發作

Acute Exacerbations of Chronic Obstructive Pulmonary Disease

甚麼是慢性阻塞性肺病？

What is chronic obstructive pulmonary disease (COPD)?

慢性阻塞性肺病是慢性疾病，其特徵為持續的呼吸道症狀和氣道受阻，這是由於氣道和肺泡長期暴露於有害微粒或氣體（例如香煙）所引致的。病情會逐漸惡化，應以控制徵狀和預防併發症為治療目標。

Chronic Obstructive Pulmonary Disease (COPD) is a chronic disease characterized by persistent respiratory symptoms and airflow limitation due to airway and alveolar abnormalities, usually caused by significant exposure to noxious particles or gases (e.g. cigarette smoke). It is progressive and treatment should aim at symptom control and prevention of complications.

甚麼是慢性阻塞性肺病的急性發作？

What is acute exacerbation of chronic obstructive pulmonary disease (COPD)?

慢性阻塞性肺病的患者會有偶發性症狀增加（超過正常的日常變化），此為急性發作，常見的誘發因素是呼吸道感染。

Patients with COPD may experience periods of acute worsening of symptoms beyond normal day-to-day variation, termed acute exacerbations, which is commonly precipitated by respiratory tract infection.

慢性阻塞性肺病的急性發作有甚麼病徵？

What are the symptoms of acute exacerbation of COPD?

最常見的病徵為氣促、咳嗽及喘鳴增多，痰涎增多及變得黏稠。

Most common symptoms are shortness of breath, increased cough and wheeze, increased production of sputum which may become purulent.

如何診斷慢性阻塞性肺病的急性發作？

How is it diagnosed?

你的家庭醫生會根據你的病歷和身體檢查作出診斷並斷定你病情的嚴重性。有時，醫生可能需要收集你的痰涎作進一步測試。如感染嚴重，你可能需要入院作進一步治療。

Your family doctor will base on your medical history and physical examination to make the diagnosis and determine your disease severity. Sometimes, doctor may need to collect your sputum for further testing. If the infection is severe, you might need to be admitted to hospital for further treatment.

我需要抗生素嗎？

Do I need antibiotics?

當有需要使用抗生素治療時，應由你的家庭醫生處方，你應遵從指示完成整個療程。

When antibiotic is a necessary treatment, your family doctor would prescribe and you should finish the course as instructed.

我何時需要求診？

When should I call my doctor?

假若病情沒有因治療而改善，甚至轉差（如氣促、咳嗽及喘鳴增多、痰涎增多）或你對病情有所擔心，請儘快向你的家庭醫生諮詢意見。

Seek advice from your doctor if your symptoms don't improve with treatment, get worse (e.g. increased shortness of breath, increased cough and wheeze or sputum production) or you are worried about your illness.

如何減少慢性阻塞性肺病急性發作的次數？

How do I reduce the frequency of acute exacerbations of COPD?

依從醫生指示服用藥物，不要吸煙，按衛生防護中心或家庭醫生的建議接種季節性流感及肺炎鏈球菌疫苗。

Have good drug compliance. Do not smoke; receive seasonal influenza and pneumococcal vaccination as advised by the Centre for Health Protection or your family doctor.

此單張由你的家庭醫生提供，有關資料只提供一般概要，並不適用於所有情況，請諮詢你的家庭醫生以獲取更多相關的資訊。

This patient information sheet is provided to you by your family doctor. The information just provides a general overview and may not apply to all.

Always consult your family doctor for more information.