**Figure One.** Flow chart of search strategy and study selection and assignment.

- Total citations from database search: $n=1,181$
  - Medline ($n=582$)
  - Cochrane ($n=599$)

- Studies identified through additional searches and reference lists: $n=5$

- Duplicate citations removed: $n=120$

- Title and abstract review: $n=1,066$

- Excluded: $n=950$
  - Descriptive studies ($n=45$)
  - Reviews ($n=23$)
  - Letter/editorial/commentaries ($n=17$)
  - Trial protocols ($n=8$)
  - COPD outcome not reported separately ($n=8$)
  - Not intervention ($n=2$)
  - Measurement studies ($n=2$)
  - Abstract ($n=1$)
  - Provider adherence (not patient related) ($n=1$)
  - Not COPD ($n=1$)

- Full text review: $n=116$

- Included in review: $n=7$
  - Studies reported in 8 papers