The GRiP model facilitates the development of targeted interventions for COPD, focusing on both medical and lifestyle management components. Key interventions include optimizing pharmacotherapy, where medication regimens are tailored to improve lung function and alleviate symptoms, ensuring adherence through patient education and regular follow-ups (Lee et al., 2020). Additionally, non-pharmacological strategies such as pulmonary rehabilitation programs are integral, offering exercise training and nutritional counseling to enhance physical capacity and overall well-being (Lee et al., 2020). Psychological support is also emphasized, addressing the emotional burden of COPD through counseling and support groups, which can significantly improve patient quality of life. Collectively, these interventions, grounded in the evidence-based framework of the GRiP model, provide a comprehensive approach to managing COPD, fostering a patient-centered care plan that addresses diverse needs and promotes sustainable health outcomes.