

# Chronic Obstructive Pulmonary Disease

## Empowering you and your Loved One

### Goals

- Symptom management
- Avoid exacerbations of COPD
- No change in independence
- Oxygen safety (when oxygen is ordered)
- Avoid lung irritants (tobacco smoke and air pollution)
- Avoid unnecessary hospitalizations



Compassionate Care Home Health Services, Inc. is a home health care agency, owned and operated in Michigan, that has been providing excellent home health care for Michigan residents and their families since 1998. We are dedicated to providing the highest quality home health services including but not limited to personal care, private duty nursing services, and therapies.

Chronic Obstructive Pulmonary Disease (COPD) refers to a group of diseases that cause airflow blockage and breathing-related problems. It includes emphysema, chronic bronchitis, and in some cases, asthma.

Tobacco smoke is the number one cause of COPD. Secondary causes that can increase a person's risk include exposure to air pollutants, genetic factors, and respiratory infections.

COPD symptoms include coughing, production of large amounts of mucus, wheezing, shortness of breath, and chest tightness. Symptoms of severe COPD include increased frequency of colds and upper respiratory infections, weight loss, decreased muscle endurance, and swelling in the feet, ankles or legs.

Compassionate Care believes every individual has the right to understand their plan of care, make decisions about services they receive and live as independently as possible.

You will find a specialized care plan for COPD clients on the reverse side. Please utilize this plan as a guideline for caring for you or your loved one with COPD.

### Always call your doctor or nurse if you have:

- Increased shortness of breath
- Worsening cough
- Fever
- Sputum that is green or brown in color
- Coughing up blood

### Call 911 IMMEDIATELY if you have:

- Severe shortness of breath
- Too short of breath to talk easily
- Lips or fingernails turn blue or gray
- Confusion or decreased alertness
- Complaint of a 'racing' or very rapid heartbeat

# At Home Service Plan for COPD Clients

## *Medications*

- Use medications exactly as ordered by your physician.

## *Oxygen Safety*

- If oxygen is ordered, be aware of oxygen safety in the home.
  - Assist the client in posting 'No Smoking, Oxygen in Use' signs on the doors.
  - Ensure oxygen concentrator has at least 12 inches of clearance in all directions.
  - Review oxygen safety guidelines with the client.

## *Nutrition*

- Assist or encourage the client to eat healthy.
  - Fatigue and shortness of breath can make eating difficult.
  - Many COPD clients benefit from smaller, more frequent meals.
  - Many COPD clients are able to eat more easily after resting for a while.
- Assist the client with meal preparation to avoid increased shortness of breath.
  - Assist client in selecting very simple meals to prepare when they are alone.
  - Ensure pans and other items needed by the client are within easy reach.

## *Support*

- Encourage client to do activities slowly to avoid severe shortness of breath.
  - The client may need to stop and rest frequently to catch their breath.
- Assist client with putting items used most frequently, within easy reach.
- Encourage client to keep things most often used on the first floor of the home to avoid using stairs unnecessarily.
- Encourage client to wear loose fitting clothes.
- Assist client with housekeeping chores to avoid increased shortness of breath.
  - Ensure basic cleaning supplies are within easy reach.