



Chronic Obstructive Pulmonary Disease (COPD)

We focus on educating you and your caregivers on the disease and working together to develop strategies to control symptoms and avoid complications that may result in emergency room visits or hospitalization.

The Goals of the COPD Care at Home Program Are To

- Educate you and your caregiver in medication management
- Educate you on diet and nutrition
- Prevent hospitalizations resulting from avoidable complications of the disease
- Work collaboratively with your physician to improve your health
- Improve your quality of life

COPD care begins with a comprehensive assessment of your needs by specially trained and highly skilled clinicians. Your nurse will answer your questions and give you and your family a personalized plan of care. If needed, your nurse will set you up with our state-of-the-art remote monitoring system, which allows you to monitor your health at home and send us reports electronically every day. We will send your physician regular reports of your progress.

Ongoing COPD Care Includes

- Providing you with a COPD patient workbook
- Monitoring your breathing status and oxygen levels and working with your physician to improve your level of comfort
- Educating you on specific breathing and exercise techniques and diet

Facts About COPD

Chronic obstructive pulmonary disease (COPD) is a serious lung disease that robs people of their ability to breathe. It is the fourth-leading cause of death in the United States and afflicts as many as 24 million Americans, half of whom are unaware they have the disease and remain undiagnosed and untreated. There are two types of COPD — chronic bronchitis and emphysema.

Common Symptoms of COPD Include

- Coughing, with or without mucus or phlegm
- Shortness of breath
- Wheezing
- Chest tightness
- Feeling as if you are inhaling or exhaling through a small straw

COPD symptoms are often confused with normal signs of aging. If you experience these symptoms, contact your physician.



VISITING NURSE
HEALTH SYSTEM

Tips for Managing COPD

- Don't smoke.
- Try to avoid dust and fumes and stay indoors on bad-air days. Check daily air-quality levels and air-pollution forecasts in your area.
- Get a flu shot every year. Ask your doctor if you should have the pneumonia vaccine.
- Wash your hands often.
- Take your medications as prescribed by your physician.
- Avoid being around others with colds and the flu.
- Eat a well-balanced diet and maintain your ideal body weight.
- Get regular physical activity.

For more information about COPD, visit the [National Heart Lung and Blood Institute](#).