

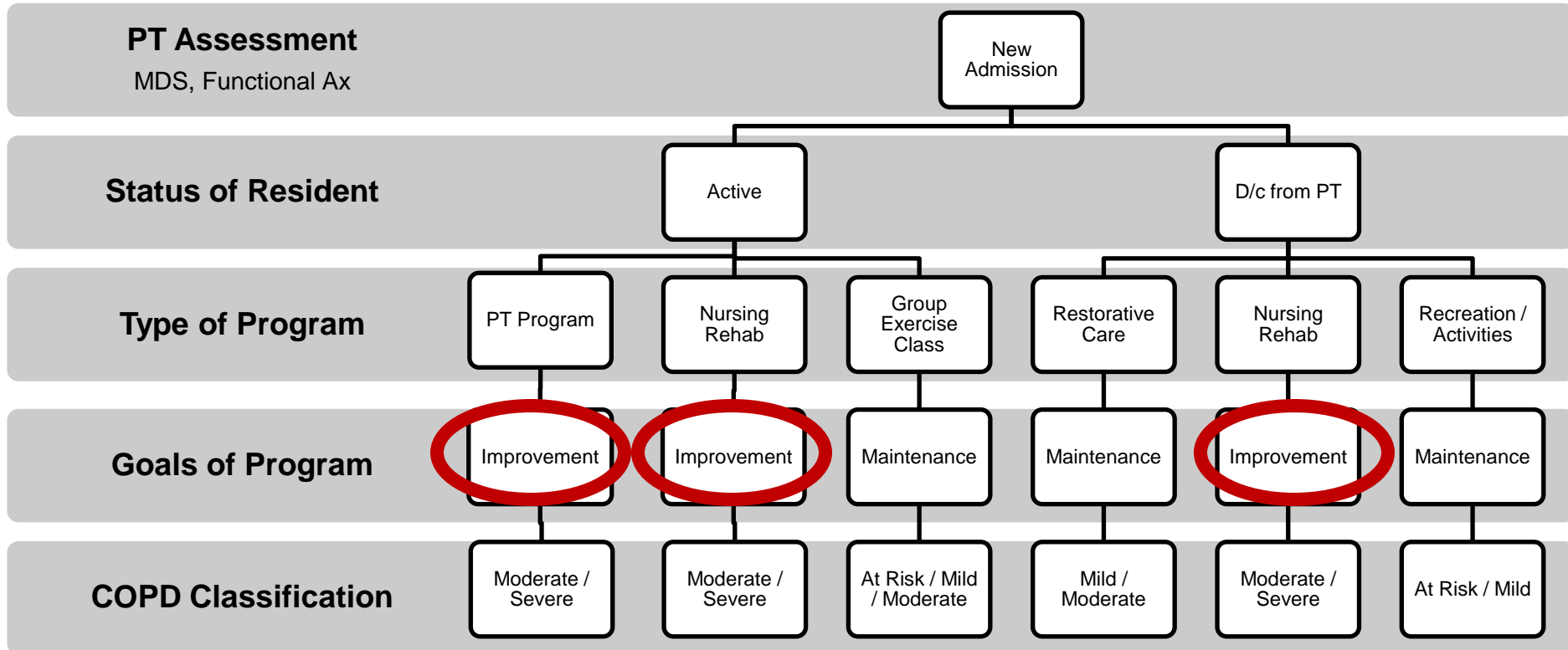
COPD Program in LTC

Presented by Karen Fisher

Agenda

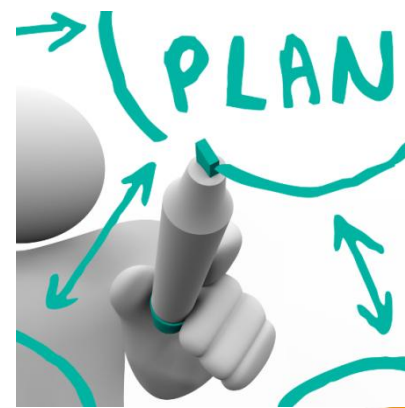
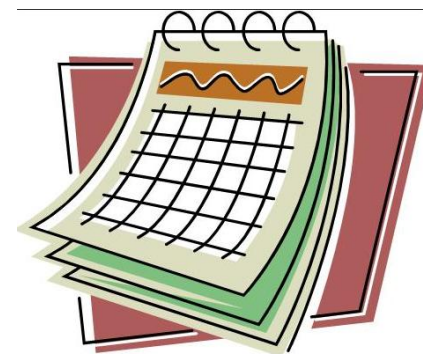
1. Overview of LTC program
2. Interdisciplinary Care
3. Physiotherapy
4. Nursing Rehab
5. COPD Group
6. Activities / Restorative Care

COPD Program LTC



Physio Programs

- 1:1 Program
- Breathing Techniques
- Effective Airway Clearance
- Strength / Endurance / Pacing



PT Outcomes

Conditions:

- Acute Respiratory Disease
- Chronic Lung Disease

MDS Criteria

- G1b Transfers
- G1c, d Ambulation
- G3 Balance
- J2l Shortness of breath
- J2n Unsteady gait
- J5 Stability of condition

Outcome Measures

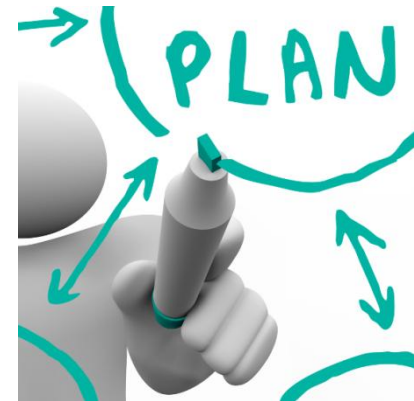
- 2 or 6 minute walk test, TUG

PT Goals:

- QoL Indicators: ADL, Mobility, Strength, Independence in walking, endurance
- Major benefits include increased physical capacity, decreased anxiety about **breathlessness**, greater independence in daily activities, reduced fatigue and improved quality of life.

Group Programming - POC

- Pump it Up - Strength
- Movement Matters - Walking
- Get Energized - Endurance
- Breathing techniques



Group Outcomes

Conditions:

- Mild/Moderate/Server COPD

MDS Criteria

- G1b Transfers
- G1c, d Ambulation
- G3 Balance
- J2l Shortness of breath
- J2n Unsteady gait
- J5 Stability of condition

Outcome Measures

- Participation

Goals:

- QoL Indicators, ADL, Mobility, increased / maintain physical capacity, decreased anxiety about breathlessness, greater independence in daily activities, reduced fatigue and improved quality of life.

Nursing Rehabilitation - POC

TWO programs:

1. Ambulation, bed mobility, ROM
2. Other

Schedule

- 6 of 7 days a week
- 15 minutes daily



Nursing Rehab Outcomes

MDS Criteria

- G1a-j ADL self-performance and support provided
- G4 Functional limitation in ROM
- G7 Task Segmentation
- G8 ADL functional rehabilitation potential
- G9 Change in function
- J2l Shortness of breath
- J2n Unsteady gait
- J5 Stability of condition

Outcome Measures

- 2 or 6 Minute Walk Test
- Effective DB + Coughing

NR Goals:

- Improve level of independence, increased independence in daily activities and improved quality of life.

Restorative / Activities

- Breathing Techniques
- Relaxation



Activities/Restorative Outcomes

MDS Criteria

- G1b Transfers
- G1c, d Ambulation
- G3 Balance
- G4 Functional limitation in ROM
- G1h Eating (restorative eating program for one-on-one treatment)
- Pain scale (which includes J2a frequency of pain and J2b intensity of pain)
- J2l Shortness of breath
- J2n Unsteady gait
- J5 Stability of condition
- N4 General activity preference
- E1o and h Loss of interest
- Index of Social Engagement (ISE)