



Learning Modules

Objectives of COPD Education

To provide care teams knowledge to assess (identify) and manage residents living with COPD. The ultimate goals are to improve resident quality of life and reduce Emergency Room transfers through the reduction of exacerbations and other related complications

Adapted from the program

Living Well **COPD**[™]
with

Chronic Obstructive Pulmonary Disease

A plan of action for life

Livingwellwithcopd.com

Modules Overview

Module 1: What is COPD? *Symptoms, diagnosis and prevention*

Module 2: COPD Medications and Treatments

Module 3: Medication Techniques and Devices

Module 4: Oxygen Therapy for COPD

Module 5: Caregiver COPD Action Plan -The resident is feeling well

Module 6: Caregiver COPD Action Plan -The resident is feeling unwell

Module 7: Caregiver COPD Action Plan -The resident is feeling worse

Module 8: End of life care for COPD

Module 1

Topic:

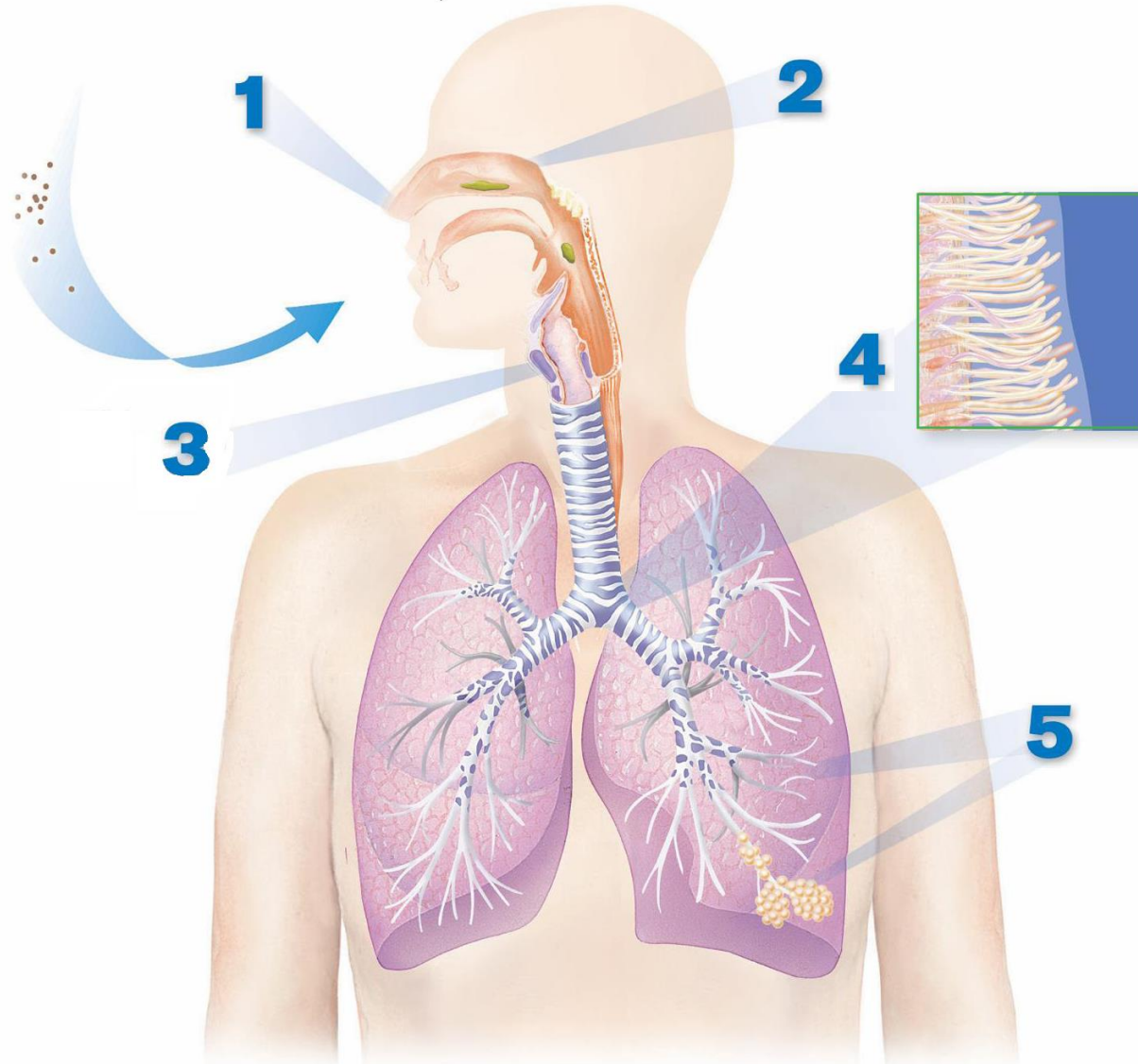
What is COPD?

Symptoms, diagnosis and prevention

At the end of this module we will ask you :

1. Do normal lungs produce mucous?
2. How does COPD get diagnosed?
3. Name three common signs and symptoms of COPD?
4. Name three things that can increase COPD symptoms?
5. How to best prevent increasing COPD symptoms if the resident has already stopped smoking and reduced exposure to second hand smoke?

Normal Lungs



1- Every time you breathe air, dust and pollutants enter the lungs

2- Many of these particles become trapped inside the nose

3- **Mucous (sputum)** coming from the lungs is swallowed or removed by coughing

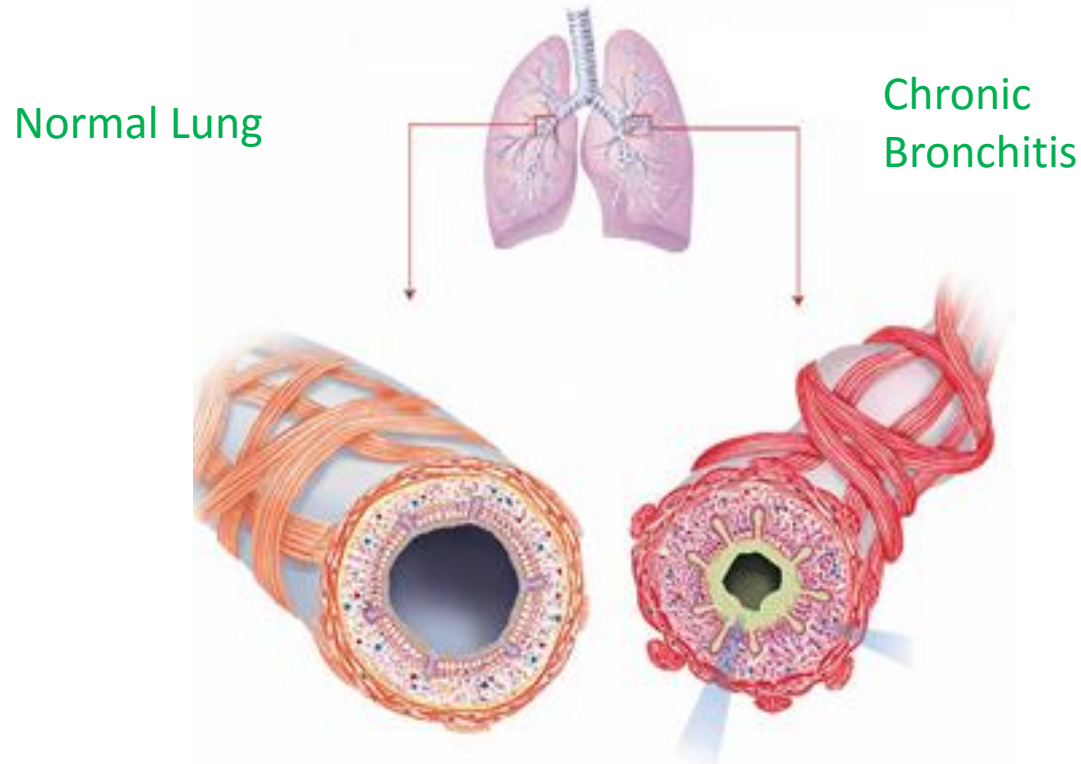
4- Inside the bronchi, tiny hairs called cilia move the mucous up

5- Clean air reaches the alveoli (where the oxygen can move into the body)

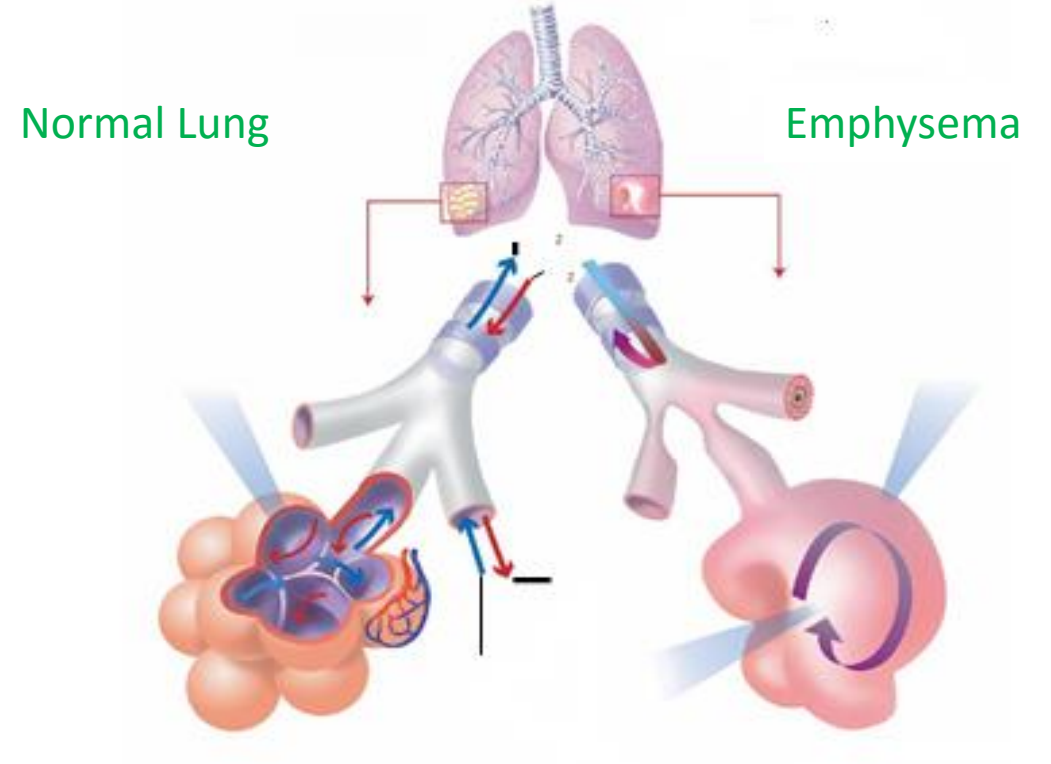
Chronic Obstructive Pulmonary Disease (COPD)

- COPD is a chronic lung disease
- COPD is characterized by a chronic difficulty breathing because the air does not move easily along the passageways (obstruction)
- COPD can be confirmed by a simple breathing test
- COPD can cause an increase in mucous and cough
- COPD is not cured by medication and treatment but the resident's quality of life may be improved

COPD causes an increase in mucous in your lungs which can result in coughing, wheezing, and shortness of breath



Inflammation and swelling produce a lot of thick mucous



Alveoli are damaged and air exchange cannot take place

What Causes COPD

- Cigarette smoke is the primary pollutant that can damage the alveoli of the lungs and cause COPD
- If a person is 40 years of age or older and has been smoking a pack of cigarettes a day for at least 10 years, they have a higher risk of developing COPD.
- Exposure to air pollutants from work settings can also increase the chance of developing COPD

How is COPD Diagnosed

- A simple breathing test called [spirometry](#) can show if the lungs are abnormal. This is the only way to diagnose COPD

See here how it's done (3 minutes video)

<https://youtu.be/ZZdSkvf9l6U>

Additional testing:

- A device called an **oximeter** (a clip put on the finger) can determine if oxygen levels are abnormal at rest and during activities
- A blood test (Arterial Blood Gas) can help physicians determine how well the person is breathing. The results show if enough oxygen (O₂) moves into the body and if enough carbon dioxide (CO₂) is removed from the body.

Symptoms of COPD

- Shortness of breath (breathlessness) especially during physical exercise or daily activities
- Increased daily production of mucous
- Frequent coughing
- Wheezing

What can Make Your Symptoms Worse

Symptoms

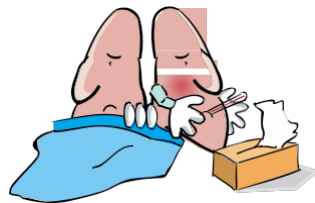
Increased shortness of breath

Increased sputum production

Increased coughing

Increased fatigue

Wheezing



Indoor pollutants

- Cigarette smoke, household cleaning products, strong odours, dust

Outdoor pollutants

- Exhaust fumes, gas fumes, smog

Emotions

- Anger, anxiety, stress

Changes in temperature

- Extreme heat or cold, wind, humidity

Respiratory infections

- Cold, flu, bronchitis, pneumonia

Preventing Exacerbation of Symptoms - 1

- Stop smoking and avoid second hand smoke
- Get a flu shot and pneumonia shot
- Recognize early signs of lung infection and treat it immediately
- Most Importantly: take medication accurately and properly using the right device

Preventing Exacerbation of Symptoms - 2

- Be attentive to symptoms every day - avoid what can make them worse
- Stay active - aim for a better quality of life
- Have a plan of action to know what to do when feeling worse

Now we ask you:

1. Do normal lungs produce mucous? Yes or No. *Yes.*
2. How does COPD get diagnosed? *By a simple breathing test called spirometry.*
3. Name three common signs and symptoms of COPD? *Any of these three: Increased mucous production every day, frequent coughing, wheezing, being breathless when exercising, being breathless during daily activities.*

Now we ask you:

4. Name three things that can make COPD symptoms worse?

Any three of these: Indoor pollutants: cigarette smoke, household cleaning products, strong odours, dust. Outdoor pollutants: exhaust fumes, gas fumes, smog. Emotions: anger, anxiety, stress. Changes in temperature: extreme heat or cold, wind, humidity. Respiratory infections: cold, flu, bronchitis, pneumonia.

5. How can you best prevent increasing COPD symptoms if the resident has already stopped smoking and reduced exposure to second hand smoke? *Take medication accurately and properly using the right device.*

Thank you for taking the time to learn more
about assisting residents who live with COPD

The next module – Medications and
Treatments for COPD

Acknowledgements



It takes a community to fix COPD