



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

COPD Caregiver Action Plan

Resident Feels Well

Usual symptoms and activity level

Usual symptoms and activity level: _____
• Feels short of breath when: No Yes, colour: _____
• Coughs up sputum daily: No Yes
• Coughs regularly: No Yes
• Sleeps, eats well and does usual activities and exercises

Actions to take

Verify that the resident takes medications properly. Educate on general respiratory health (pursed lips breathing, best posture for dyspnea control, relaxation, exercise etc.)

Resident Feels Unwell or Worse

Symptoms change

• Increased shortness of breath, increased coughing and/or new wheezing
• Change in sputum (color, quantity, consistency)
• Reduced activity levels

Actions to take

• Measure vital signs. Check oxygen saturation. Check correct use of oxygen
• Encourage pursed lips breathing, relaxation, best posture for dyspnea control, energy conservation, coughing or huffing techniques
• Exercise as tolerated (symptom tolerance)

Additional treatment plan (physician approved)

• Increased shortness of breath → Give rescue medication (bronchodilators)
• If breathing symptoms do not improve → Give Prednisone
• If there is a change in sputum colour → Give Antibiotics

Resident is Still Unwell or Worse After 48hrs

Symptoms

Increase in shortness of breath, feeling very unwell, not responding to treatment, drowsy or confuse

Actions to take

• Measure vital signs and oxygen saturation
• Encourage pursed lips breathing, relaxation, best posture for dyspnea control, energy conservation, coughing or huffing techniques
• Call the health care contact (name and phone number): _____
• Send resident to emergency

Module 5

Topic:

Caregiver COPD Action Plan:
The resident is feeling well
Green section

At the end of this module we will ask you:

1. What difference does using an action plan make?
2. Why describe a resident who is well?
3. Pursed-lip breathing means the lips are tighten during inhalation. True or False?
4. When is it a good time to provide education?
5. Does relaxation practice assist in emotional regulation?

What is a Caregiver Action Plan?

An action plan is a tool that helps caregivers make decisions in managing residents based on shared observations.

An action plan makes the difference between a trip to the hospital and treatment at the home.

Why Use a Caregiver Action Plan for COPD?

An Action Plan Helps:

- To recognize everyday symptoms when the resident is stable
- To recognize when symptoms become worse and the stimulus/environment that can trigger it
- Proposes strategies to use for early treatment of worsening symptoms
- Proposes what to do if the symptoms do not improve

The Resident Feels Well - Observation

The symptoms and activity level are as usual

Usual symptoms and activity levels

- Feels short of breath when: Transfer from chair to bed – Gets dressed – Eats
- Cough up sputum daily. No Yes, colour. Light yellow
- Cough regularly. No Yes
- Sleeps, eats well and does usual activities and exercises

The Resident Feels Well – What to do

Continue to observe and encourage behaviours that promote a better quality of life

Actions to take

- Verify that the resident takes medication properly. Educate on general respiratory health (pursed lip breathing, best posture for dyspnea control, relaxation, exercise)

Observe Respiratory Medication Technique

- Do you see the resident prepare the device properly? (loading the dose, shaking the MDI)
- Do you see the resident inhaling the medication at the right time? Note: taking 3 to 6 breaths of medication from the spacer is also a good technique
- Does the resident take the medication as prescribed?
- Does the resident confirm that the medication is helping in reducing cough, breathlessness, evacuating sputum and/or help in the overall wellness?

Encourage Avoiding What can Make Symptoms Worse

Symptoms

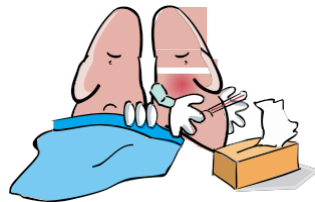
Increased shortness of breath

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

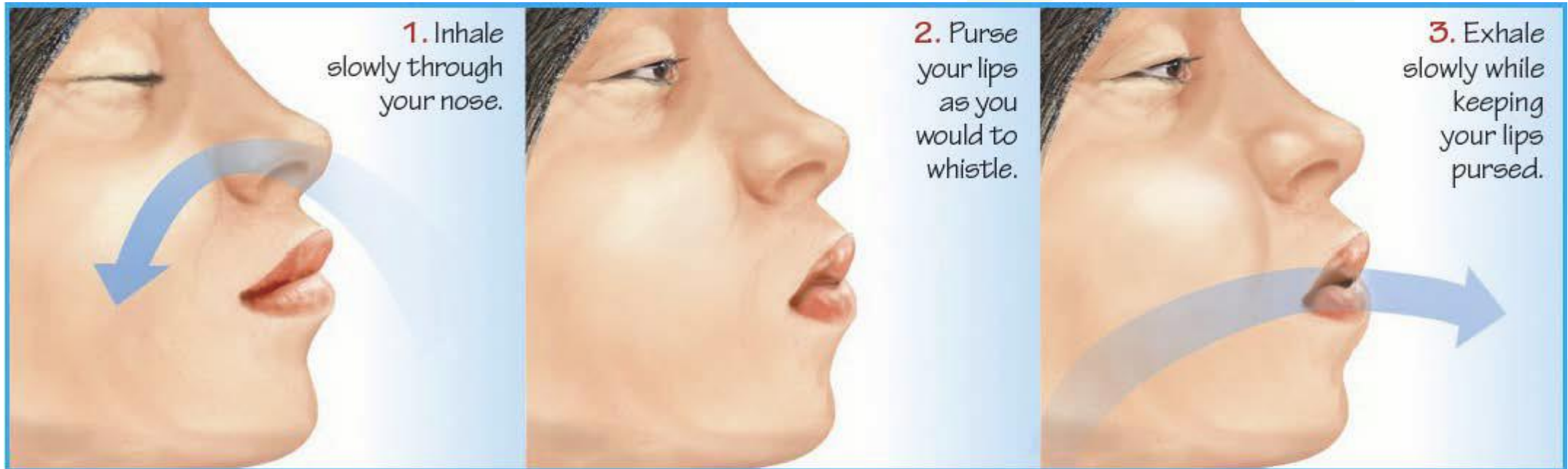
- Extreme heat or cold, wind, humidity

Respiratory infections

- Cold, flu, bronchitis, pneumonia

Encourage Pursed Lip Breathing

Encourage breathing out slowly against pursed lips. The internal pressure allows to reduce the air trapped in the lungs. Fresh air will re-enter easier which will reduce breathlessness.



“The less you do the less you can do!”- 1

- It is important to encourage the resident to continue to be active and engage in daily life activities
- It is recommended to do 10 minutes of physical activities, 3 times a day
- Increase mobility - if possible
- Inhaling for 2 seconds and exhaling for 4 seconds is the recommended breathing ratio

“The less you do the less you can do!”- 2

- Recommend exercising while sitting on a chair
- Reassure the resident that being short of breath is normal when you exercise
- Recommend and demonstrate how to do pursed-lip breathing while doing an activity
- Exercise can help maintain bone density and help relieve depression

Relaxation

Goal: To relax the body and quiet the mind

1. Helps individuals feel in control of emotions
2. Slows down breathing (longer exhale than inhale)
3. Decreases muscle tension
4. Reduces stress and anxiety
5. Helps reduce the panic associated with an attack of breathlessness

Relaxation Techniques: Deep Breathing

1. Close your eyes. Think of a quiet place or the word “calm”
2. Put your hand on you abdomen. Feel it moving during your deeper breathing
3. Take a deep breath in then exhale with the pursed-lip technique (take more time to breath out than in)
4. Alternate some normal breathing with deeper breathing
Ex: 1 deep for 5 normal breaths

Staff can help during deeper breathing by applying a gentle compression with their hands on both sides of the ribcage of the resident during exhalation

Now we ask you:

1. What difference does using an action plan make?

It can make the difference between a trip to the hospital or a treatment at home.

2. Why describe a resident who is well?

To be able to notice when the symptoms get worse.

3. Pursed-lip breathing means the lips are tighten during inhalation. True or False? *False.*

4. When is it a good time to provide education?

When the resident is feeling well.

5. Does relaxation practice assist in emotional regulation? *Yes.*

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

The next module – Caregiver COPD Action Plan:
The resident feels unwell or worse

Acknowledgements



It takes a community to fix COPD