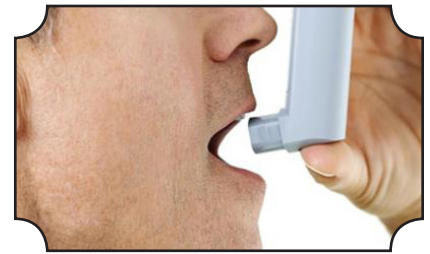


Phoenix Home Care, L.L.C.

COPD Protocol



Goals of care:

- Patient will be free of respiratory infection
- Dyspnea will decrease
- Reduced anxiety and restlessness
- Patient will have clear lung sounds
- Patient/caregiver will manage orthopnea
- Specific diet education
- Patient/caregiver will demonstrate safe, effective use of medications, and inhalation treatments (if ordered)
- Reduce rate of hospitalization

The patient and caregiver will be educated on the following:

- Monitoring any changes in the sputum quantity, volume, color, and consistency
- When to notify physician or RN with a temperature outside of MD established parameters
- Cough and deep breathing exercises
- Incentive spirometry (if ordered)
- Use of oxygen (if ordered)
- Anxiety/stress reduction and management techniques
- Activity pacing and energy conservation
- Position of comfort (i.e. raise HOB, elevate head with pillows)
- Diet and/or nutritional supplementation education
- Medication management/adherence and proper use of inhalation treatment (if ordered)
- Smoking cessation and avoidance of lung irritants

Key assessment points:

- Sputum production changes
- Respiratory rate and breathing pattern
- Jugular vein distension and peripheral edema
- Vital signs, pulse oximetry, and evidence of accessory muscle use
- Signs of orthopnea
- Increased weakness and fatigue
- Activity tolerance/intolerance
- Nutritional status
- Medication adherence