



Chronic Obstructive Pulmonary Disease (COPD)

Caregivers Edition



Objectives for learning

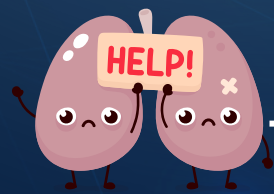
- Describe what COPD is and how it is diagnosed.
- Explain causes and risk factors of COPD.
- Recognize treatment options.

How the lungs work

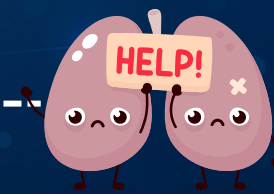
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si=A4ixDgTln7eRndc9](https://youtu.be/WIAoGZPw0zE?si=A4ixDgTln7eRndc9)



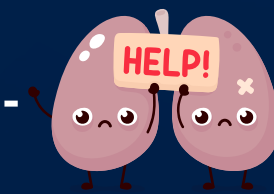
When your patient has been diagnosed with COPD



COPD is a chronic lung disease, it causes:
Difficulty breathing
Air sacs in the lungs to be unusable
It is progressive



Emphysema causes:
Alveoli (air sacs) damage
Large unusable areas in lung that are:
Air trappers that cause difficulty breathing and a decrease of oxygen in the blood.



Chronic Bronchitis causes:
Bronchi (airway) to become inflamed and develops overtime.



Quick Fact

There is no cure for COPD but it is treatable and can be well managed.

Recognizing symptoms

Chronic cough

Wheezing

Shortness of Breath

Increased mucus production

Frequent respiratory infections

Fatigue



COPD Diagnosis

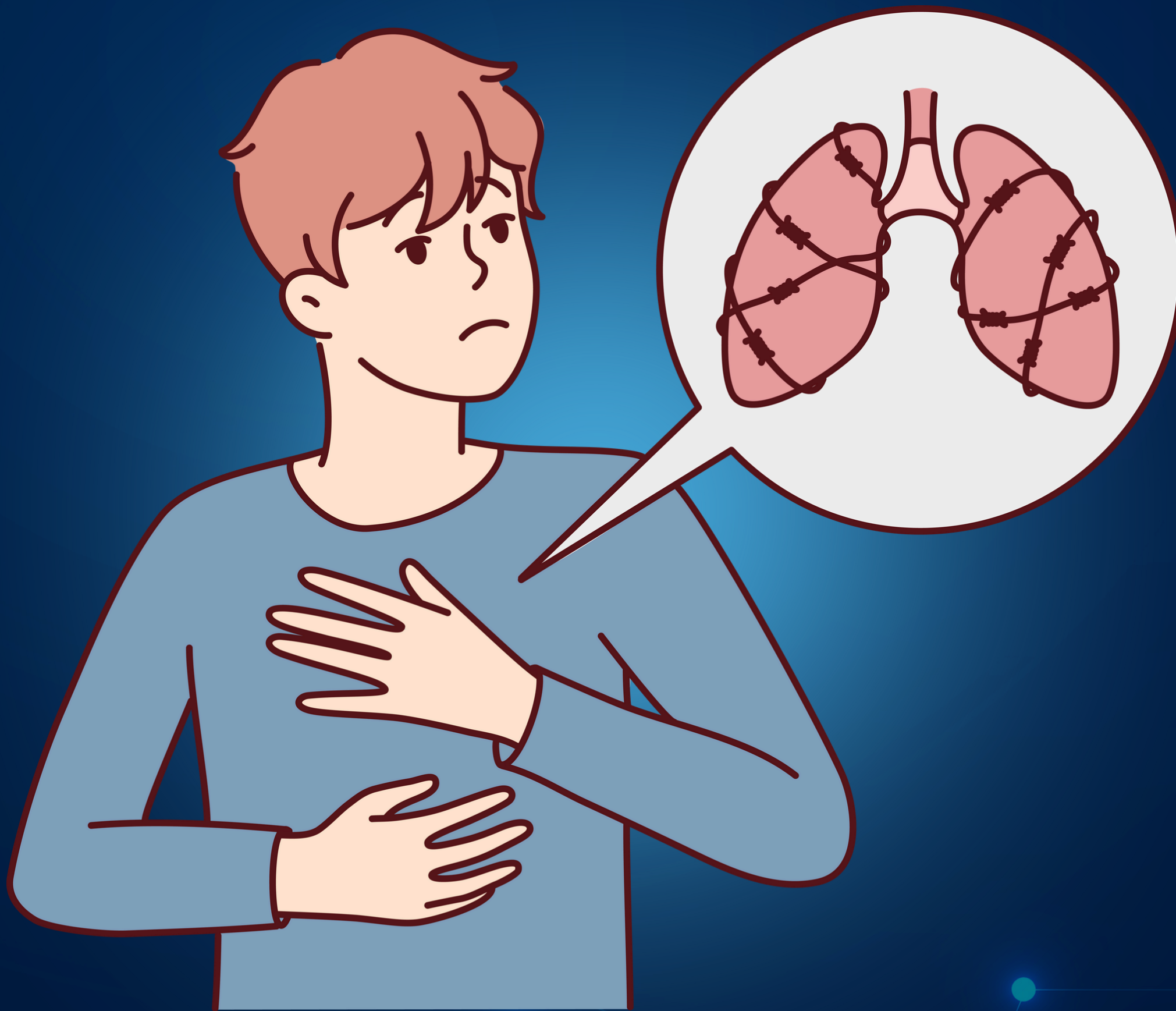
Health care providers use a variety of tools to diagnosis



Review of symptoms and gather health history

Pulmonary Function Testing
Spirometry used in both diagnosis and for monitoring progression.

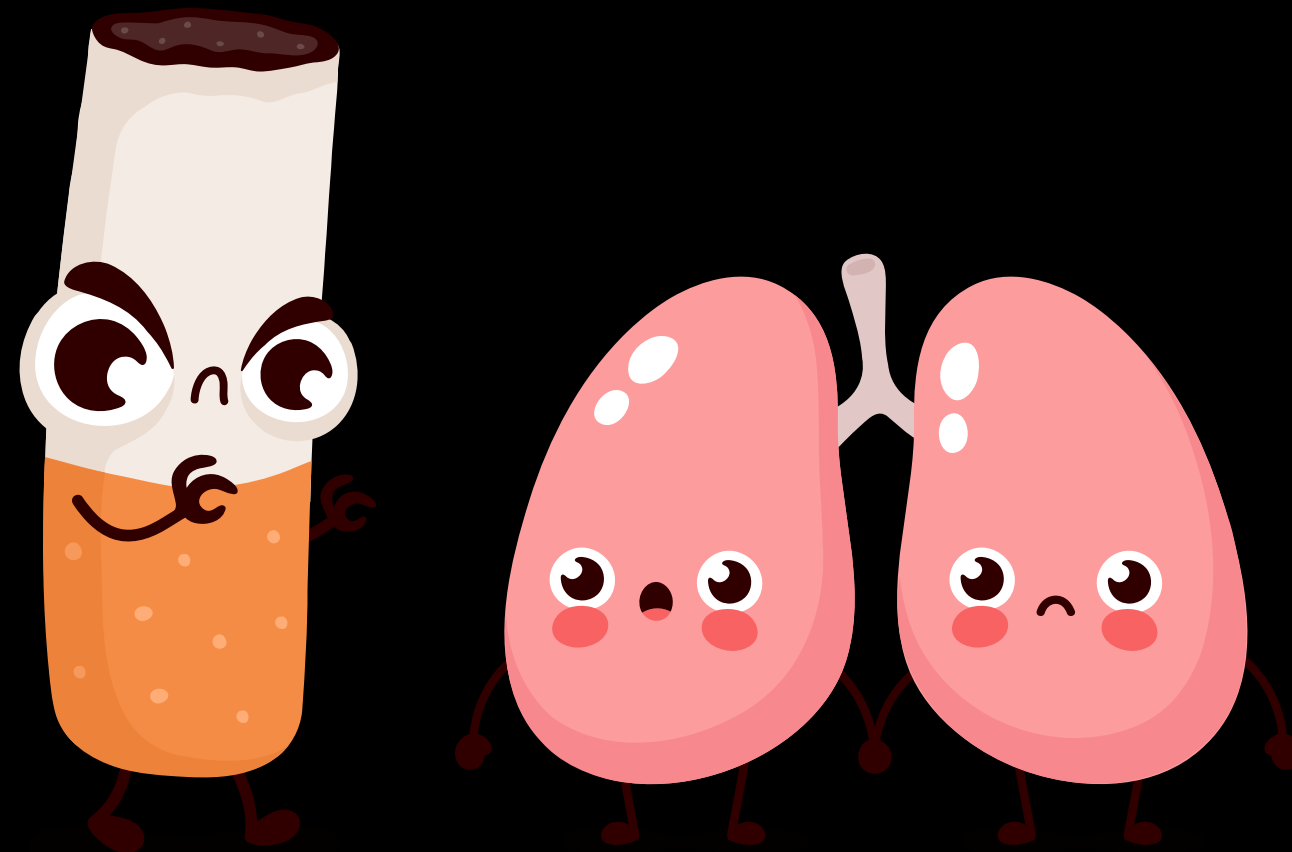
Chest X-rays



**Patients often
feel
overwhelmed
and scared
when
diagnosed with
COPD.**

What Causes COPD

9/10 People diagnosed are smokers.
Smoking weakens the lungs, narrows air passages, causes swelling in tubes, and destroys air sacs.



People who do not smoke can also get COPD

Environmental Causes

Second hand smoke

Dust, toxic fumes and chemicals

Workplace exposures

Repeated childhood respiratory infections

Long term damage causes COPD.



Women who used charcoal, animal manure, leaves and tall grass for heating and cooking are at higher risk.

Medication Treatment for COPD



Bronchodilators - relax muscles/airway. Can be short or long acting.

Anti-inflammatories - decreases mucus production.

Antibiotics for flare-ups, make sure you take the full duration.

Some medications take days not minutes to work.

Ways to Manage and Monitor

Over 16 million people have been diagnosed with COPD.

Quit Smoking - you can help!

Seek emotional support - patients often have physical challenges, sadness, fear and anxiety.

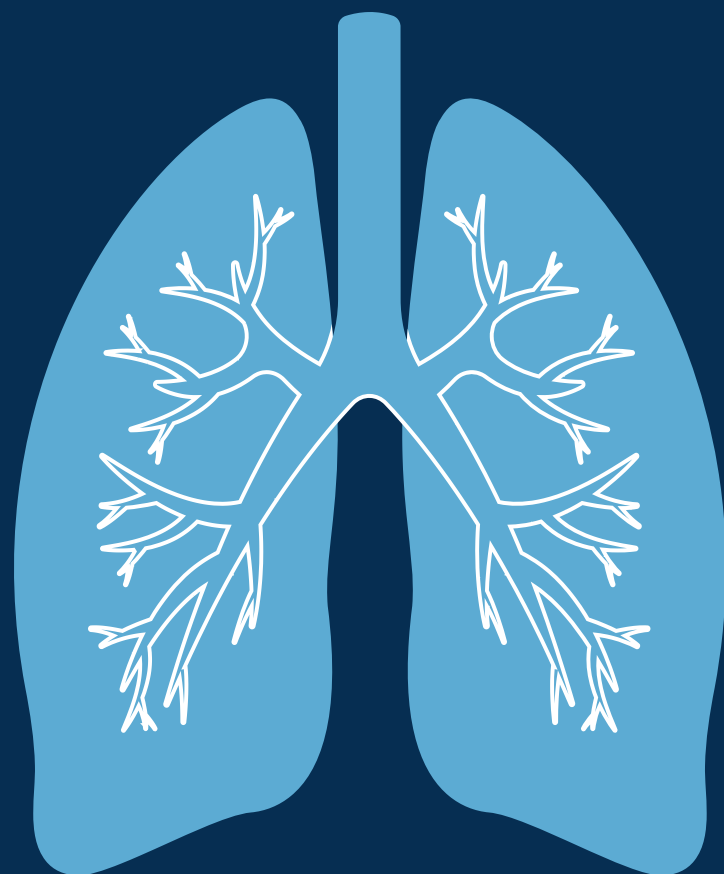
Stay active - helps circulate blood to the body, strengthens respiratory muscles.

Learn coping strategies

COPD action plan (management plan)- complete with the healthcare provider.

ALWAYS take worsening of symptoms seriously and act immediately.

Resources



COPD Action Plan

https://drive.google.com/file/d/1LvxtrzepBIScdrVj1Hzq9BWkY6x0slm7/view?usp=drive_link

Using Oxygen Safely

https://drive.google.com/file/d/1rGXpT6QI6N4YWeM9vtDZeM9v6_BvukZ8/view?usp=drive_link

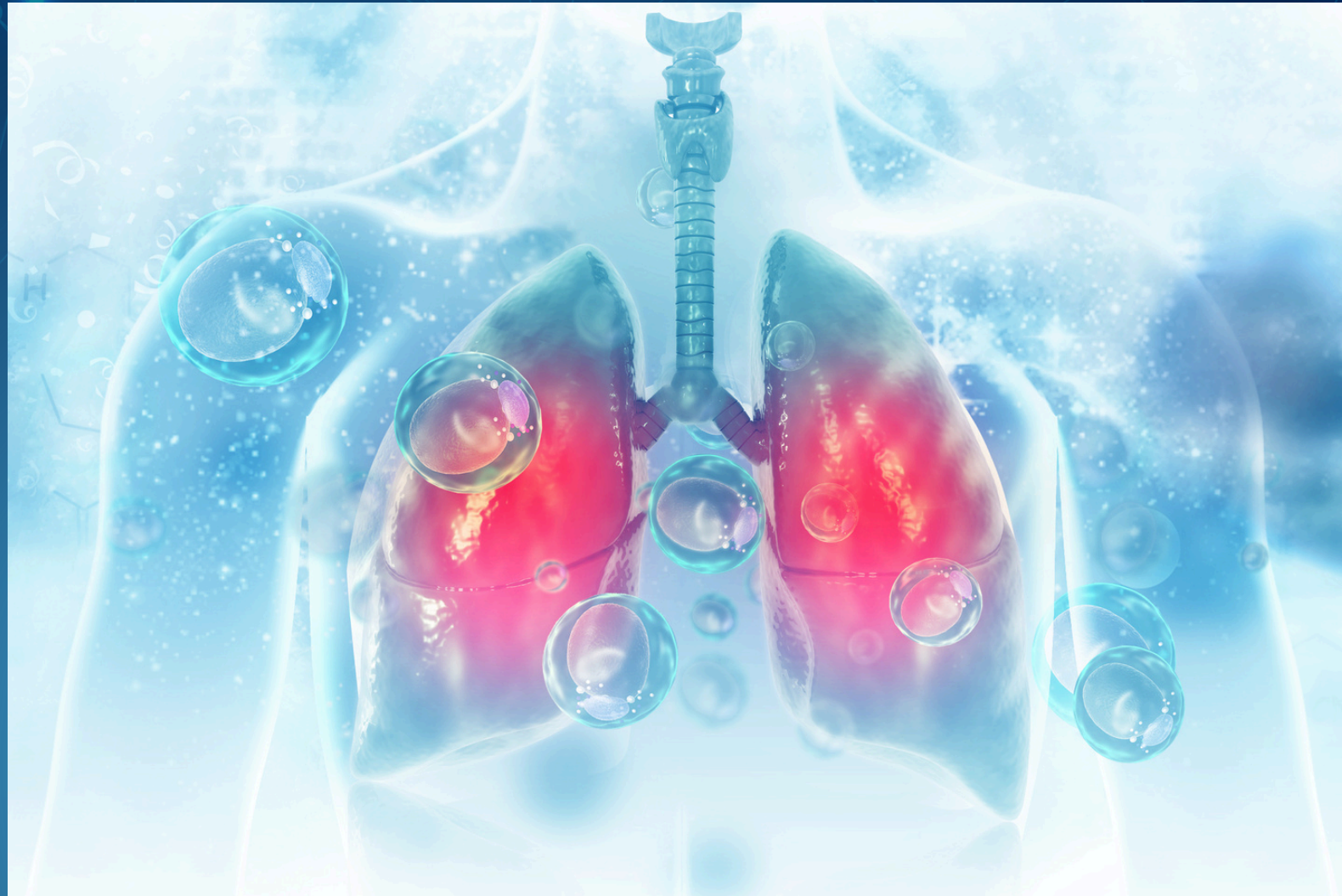
Supporting someone on oxygen

https://drive.google.com/file/d/1Gjc0sGdumncbkYFJG0XChWdQ-HR21tND/view?usp=drive_link

COPD for Life

https://drive.google.com/file/d/1yVYoJ0NQfo6ra4GMXV8yn8gB3_DY5EtE/view?usp=drive_link

Exam and Evaluation



Please complete the Exam and Evaluation below to complete the course.

Exam

<https://forms.gle/8EFNGaPyLzagSfdYA>

Evaluation

<https://forms.gle/HoZgBbfHuCn9Haw89>