



# **The Philosophy of Larksfeld Place – Living with COPD**

COPD is a major health care issue for patients, families and physicians.

By educating patients and their families on processes to manage the disease, we hope to improve quality of life for those who suffer from chronic lung disease.

This information booklet provides patients with education on disease self-management, rehab options, physician prescribed medications, proper nutrition and exercise programs. We hope to reduce hospital readmission rates. It also gives your health care team tools to use for education and assessment of competency in managing your lung disease.

Once you or your family have read the information, please feel free to ask your nurse or other members of the health care team any questions.

## **COPD**

### **Post Hospitalization**

This is a guide is for you and all members of your health care team as well as you and your family. It will cover the different tests, treatments and diet you need as well as the teaching and planning necessary for discharge.

Patient safety is very important to Larksfeld Place and this information is provided to patients/families to help inform you of your essential role in your own safety.

The information contained in this booklet is not medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your doctor and healthcare team about your particular health care needs.

## What do the lungs do?

The lungs are the primary organ of your respiratory system. When you breathe you take in oxygen and expel carbon dioxide.

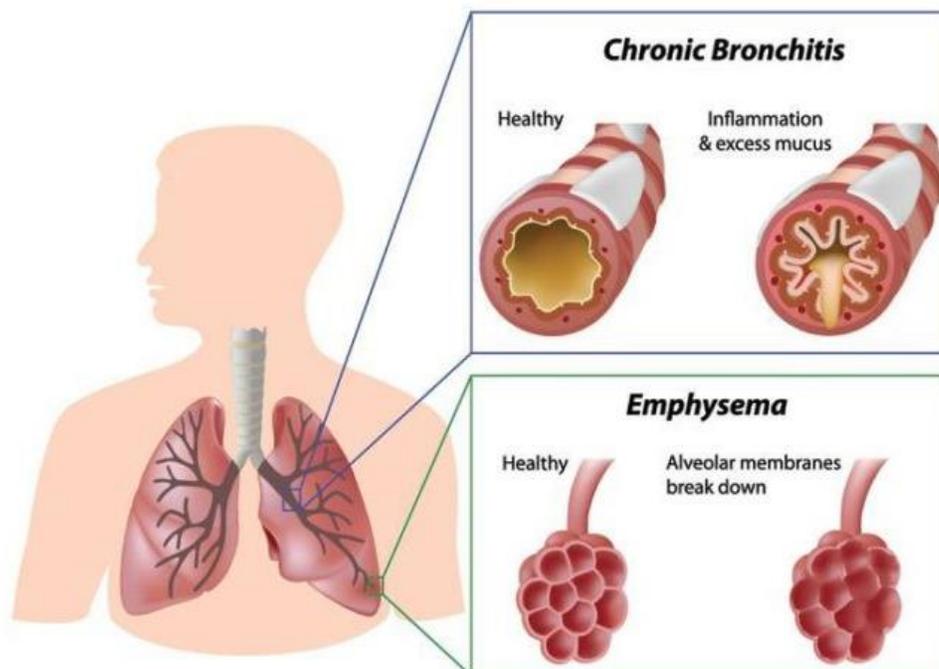
When you inhale, oxygen goes to your lungs and is transferred to your blood. The oxygenated blood then leaves the lungs and is carried to the heart. It is then pumped throughout your body.

When your cells use oxygen, carbon dioxide is produced and transferred to the blood. Your blood then carries the carbon dioxide back to your lungs and it is removed when you exhale.

This process, called respiration happens about 12-22 times per minute.

## What is COPD?

Chronic obstructive pulmonary disease is a chronic lung disease that can involve the lung's airways, air sacs or both. Patients with COPD may have chronic bronchitis, emphysema or both.



# Energy Conservation Strategies

Activities of daily living also known as “ADL's” can be limited by shortness of air. Energy conservation can improve comfort and maximize functional status.

## Ambulation:

- Walk a slow pace
- Place chairs throughout your home so you have a place to rest
- Use a rolling cart to transport items, instead of carrying
- Use your walking aid



## Toileting:

- Avoid waiting to toilet. Use the toilet on a schedule to avoid rushing and anxiety
- Consider use of a bedside commode

## Bathing:

- Use a bath stool or bench
- Use a handheld shower head
- Use long-handled sponges or brushes
- Use a terrycloth robe to help dry off after a shower





### Grooming:

- Sit down for grooming tasks
- Pick low-maintenance hair styles
- Allow hair to air dry or use hair dryer cap instead of blow dryer

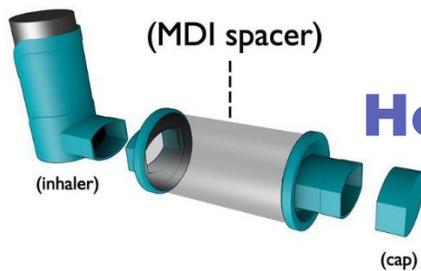
### Dressing:

- Use slip-on shoes or no tie shoes
- Use dressing aids recommended by your therapy team
- Place your underwear inside your pants and pull them on together.
- Sit down while dressing
- Avoid clothes that are tight, or are difficult to put on



### General:

- Plan ahead and get organized
  - This will allow you to function at your own pace
  - Alternate easy tasks with more demanding activities
- Consider eliminating unnecessary tasks
- Prepare ahead of time for activities by resting and performing breathing exercises
- When possible:
  - Complete tasks using larger muscle groups
  - Use both hands to complete tasks
- Keep the room at a comfortable temperature for you
- Recognize when you need help, and don't be afraid to ask



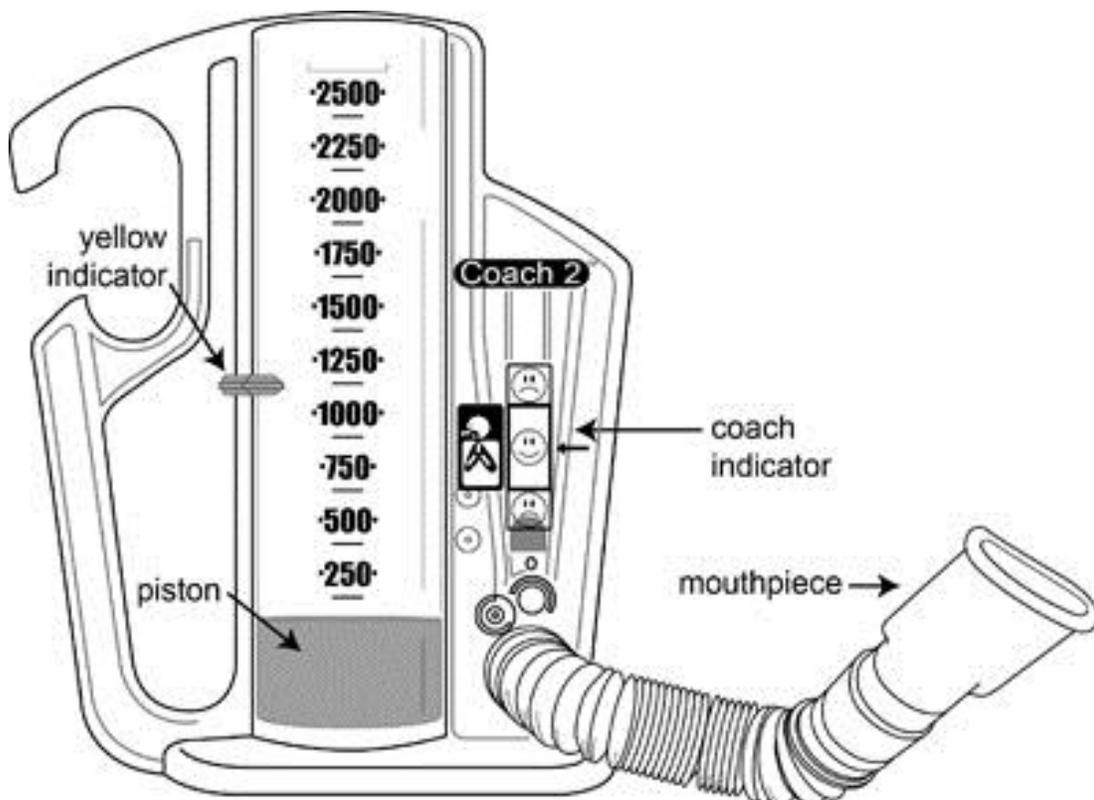
## How to use an Inhaler

- Shake inhaler well before use.
- Remove cap from the inhaler (and from the spacer if used).
- Put the inhaler in the spacer if used.
- Hold the inhaler upright with your index finger on the top and thumb on the bottom of the inhaler.
- Blow all the air completely out of your mouth.
- Without Spacer
  - Wrap lips around the mouthpiece.
  - Begin a slow deep breath in and press down on the inhaler to give one puff of medication.
- With Spacer
  - Bring the spacer to your mouth, put the mouthpiece between your teeth and close your lips around it.
  - Press the top of the inhaler once.
  - Breathe in very slowly until you have taken a full breath.  
Some spacers whistle if you are breathing in too fast.
- Hold your breath for 10 seconds and then slowly breathe out.



## How to use an Incentive Spirometer

- Sit down to complete the exercises.
- Hold the incentive spirometer in an upright position.
- Seal your lips tightly around the mouthpiece.
- Breathe in slowly and as deeply as possible. The piston will begin to rise. The yellow indicator should reach the blue outlined area.
- Hold your breath as long as possible and then exhale slowly and allow the piston to fall.
- Rest for a few seconds and then repeat the steps.
- You should try to do this at least 10 times every hour.
- After you have completed the exercise 10 times you should cough to clear your lungs.





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