



PATIENT CARE TEAM MEDICINE

EXACERBATION OF COPD - PATIENT CARE MAP

Year Month	1st 24 hours	Day 2	Day 3
Medication	Antibiotics given to fight infection. Corticosteroid (in pill form or through intravenous) to help your breathing. Bronchodilators will be given to ease your breathing. Your regular medications may be given as ordered by the doctor. If you smoke, nicotine patch can be prescribed by your MD.	<div> <div></div> <div></div> <div></div> <div></div> </div>	Medications may change to pill form (if intravenous before). Aerosol Inhaler may be switched to Puffer as ordered by your doctor.
Tests / Oxygen / Others	Tests Blood work Chest X-ray ECG Urine samples Oxygen level Breathing Tests Sputum samples Oxygen is prescribed to reduce your SOB and may be adjusted to your needs by staff. Chest physio: done by Physio Therapist.	Tests Breathing Tests Oxygen level Oxygen is prescribed according to your needs.	Tests Oxygen Levels <div> <div></div> <div></div> </div>
Nutrition	You may have an intravenous Regular diet or your doctor may make a change	Drink lots of fluids including high protein supplements as recommended by dietitian. Dietitian may talk to you if you have any concerns	<div> <div></div> </div>
Rest and Activity	It is important to rest but as soon as you can move around, follow the activity level your doctor ordered. For safety purpose, ask for assistance if you are not sure.	You will be encouraged to sit up at bedside or in a chair, walk around the room, according to ambulation protocol. A team member will help you if needed.	Sit up in chair 1-2 times a day Have short walk in your room, or out in hallway if tolerated. Follow ambulation protocol A team member will assist you as needed.
Education	Smoking cessation is #1 prevention of progression of disease. Review deep breathing exercise Review Inhaler Technique Follow the BreathWorks Plan Booklet	Smoking cessation is #1 prevention of progression of disease. Continue with deep breathing exercise. It helps to clear your lungs. Mouth care is important to prevent infection. Mix ¼ tsp salt and baking soda each in 1 cup of warm water as mouth rinse.	Review the BreathWorks Plan Booklet Watch the COPD Teaching Video Ask nursing staff if you have any questions. Continue with good mouth care.
Getting Ready To Go Home	Our team members such as Social Worker, Occupational Therapist, Dietitian can talk to you if you have any concerns re going home after discharge. Let us know how we can help you.	Nursing Staff and other team members will talk to you about support service at home.	Your progress will be assessed. You and your health care team will decide the best discharge plan.



PATIENT CARE TEAM MEDICINE

EXACERBATION OF COPD - PATIENT CARE MAP

Year ____ Month ____	Day 4 _____	Day 5 _____	Day 6-7 Discharge _____
Medication	Intravenous might be switched to saline lock.		You will be given a prescription for home. Know your medications and understand how they work and their side effects.
Tests / Oxygen / Others	Tests Blood work to test your oxygen level in blood. Breathing Test will be done by Respiratory Therapist. Oxygen given according to your oxygen level. Chest Physio	Tests _____→ _____→	Tests _____→ _____→
Nutrition	Review information on Breathworks Plan Booklet re balanced diet.	_____→	If you have any questions about your meals at home, please ask to speak to a dietitian.
Rest and Activity	Continue to follow the ambulation protocol. Maintain a balance of activity and rest.	Continue to increase your activity level as tolerated with rest periods in between.	Continue to increase your activity in getting ready to go home.
Education	Pharmacist may be talking to you re discharge medication and method to record a current med list. Team member may speak to you re Pulmonary Rehab. Watch Teaching Video. Review Inhaler Technique.	Ask any questions you may have from the Booklet or Teaching Video.	Review importance of: Deep Breathing Exercise Good mouth care Taking medications as prescribed Balance Rest and Activity Maintain balanced nutrition and lots of fluids. Keep a current list of medication.
Getting Ready To Go Home	Team member may speak to you re Respiratory Rehab. Arrange home oxygen if necessary. Speak to your nurse if you have any outstanding concerns re your discharge plan.	_____→ If your have home oxygen ask your family to bring the portable tank in preparation for discharge from hospital.	CCAC (Home Care) Case Manager will speak to you if you require and qualify for home service. Referral to Smoking Cessation Program Referral to Pulmonary Rehab Program