

Living Well with COPD



Presented by:
Home Health Monitoring Service

Plan for today

- Introductions
- What is COPD
- Preventing Symptoms & Taking Medications
- Your Exercise Action Plan
- Your COPD Flare-up Action Plan
- Living Well with COPD website

Introductions

*What do you
have to say
about
COPD?*



Chronic Obstructive Pulmonary Disease

COPD cannot be cured,
but it can be treated.

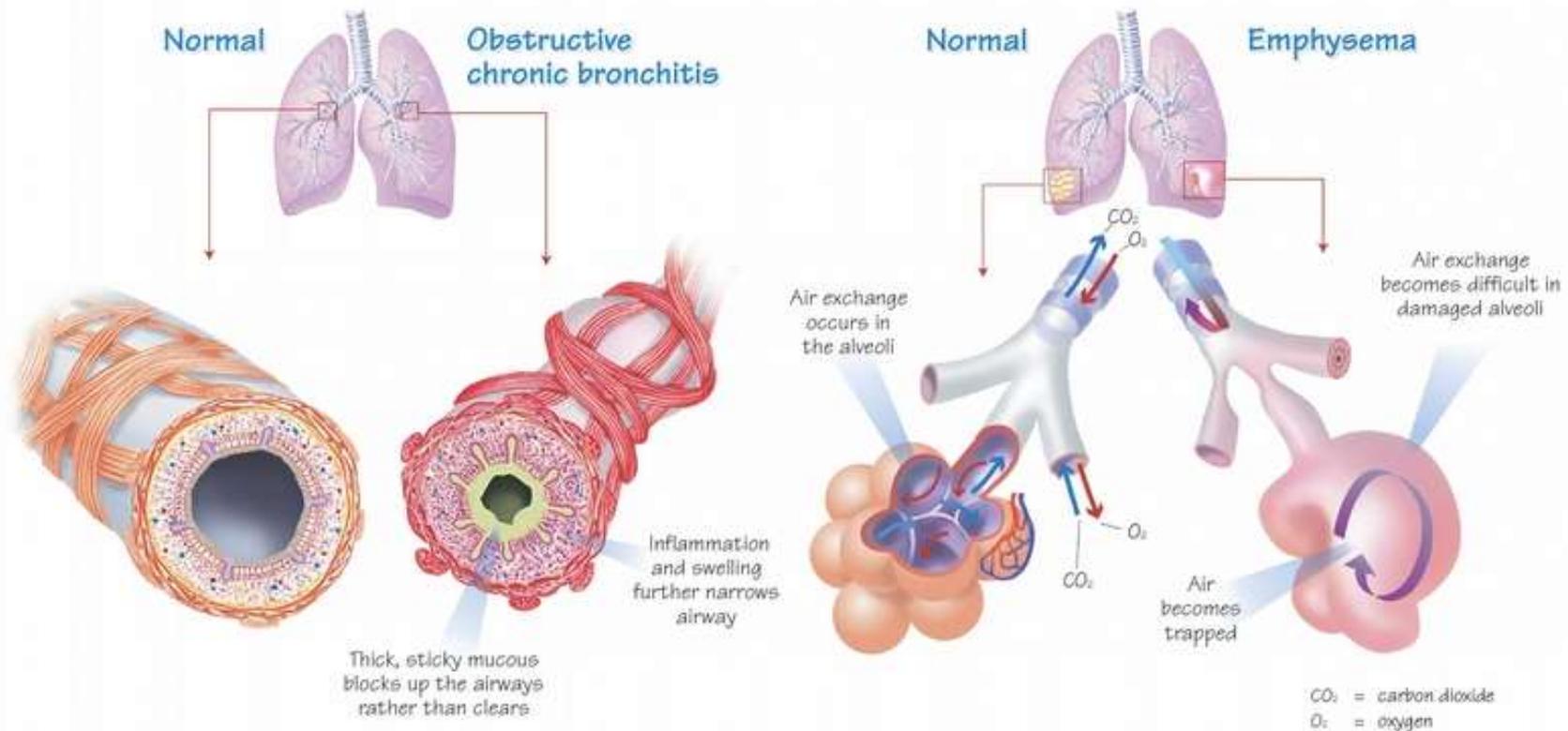


Being Healthy with COPD includes:

- Preventing symptoms and taking your medications
- Maintaining your breathing and saving your energy
- Developing and integrating a plan of action into your life
- Managing your stress and anxiety
- Adopting and maintaining a healthy and fulfilling lifestyle.

What is COPD?

OBSTRUCTIVE CHRONIC BRONCHITIS AND/OR EMPHYSEMA



What is COPD?

When your airways encounter pollutants (e.g. smoke from cigarettes or fires):

- They become inflamed and filled with thick, sticky mucous.
- You cough to clear your airways.
- The airways can become obstructed with limited airflow and air can get trapped if the lungs don't empty fully, which causes shortness of breath.



What is COPD?

Your airways branch into smaller and smaller tubes which end in millions of tiny sacs, called alveoli.

Oxygen is exchanged in the alveoli.

- When alveoli are damaged, the oxygen exchange becomes difficult
- Less oxygen gets into the body
- The airways in your lungs collapse when you breathe out forcefully and air becomes trapped causing increased shortness of breath.

What are COPD Symptoms?

- Sputum everyday
- Frequent coughing
- Wheezing
- Shortness of breath when exercising or during daily activities

A spirometry test confirms if there is an airflow obstruction.

Preventing Symptoms & Taking Medications



When COPD Symptoms Get Worse

- When symptoms continue to worsen, this is called a COPD exacerbation,
- Also known as:
 - COPD flare up
 - Lung attack



What actions can you take to reduce or avoid exposure to factors that make your COPD symptoms worse?

What can make COPD worse?

- Indoor pollutants
 - Cigarette smoke, cleaning products, strong odors, dust
- Outdoor pollutants
 - Exhaust or gas fumes, smog
- Emotions
 - Anger, anxiety, stress
- Changes in temperature
 - Extreme heat or cold, wind, humidity
- Respiratory infections
 - Cold, flu, bronchitis, pneumonia

Medications for COPD

- Help relieve respiratory symptoms
- Help you feel better
- Help you have a better quality of life

To stay well, take your medications as prescribed and use the proper technique.



Medications for COPD

A. Bronchodilators

- The most important COPD medication *to relieve your symptoms*
- Open up the airways and reduce shortness of breath

B. Anti-inflammatories (inhaled)

- Prescribed in combination with a bronchodilator
- Treats swelling in the airways and may help prevent flare ups

C. Antibiotics

- Treats infections
- May be used with COPD medications during a flare up

Bronchodilators

- The most important COPD medication
- Open up the airways and reduce shortness of breath
- Short-acting and long-acting
- Can be taken 2 ways: inhaled or oral
- 'Rescue' medications are used to treat an attack of shortness of breath



Inhaled Anti-Inflammatories

- Reduce inflammation and swelling in the airways
- Helpful if you experience frequent flare ups
- Do not provide quick relief of respiratory symptoms
- With COPD, these anti-inflammatories need to be prescribed in combination with a bronchodilator



Medications to Treat Flare Ups

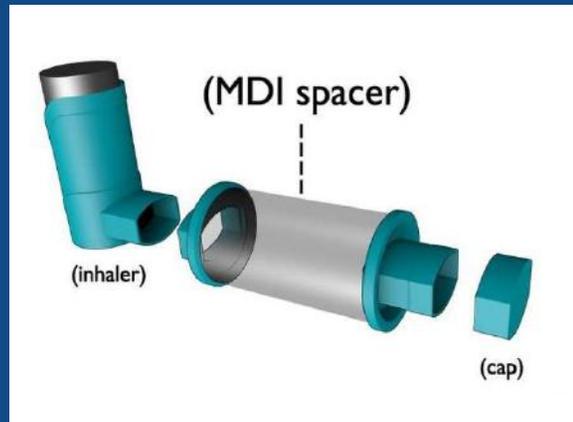
- Oral anti-inflammatories (prednisone)
 - Usually prescribed for 5-7 days, rarely permanently
 - Can relieve symptoms such as shortness of breath and secretions

- Antibiotics
 - Used to treat respiratory infections (sinusitis, infectious bronchitis, pneumonia)
 - Variety of types
 - Must be taken exactly as prescribed

Inhalation Devices

Metered Dose Inhaler

Learning the right inhaler technique will help the medication get into your airways

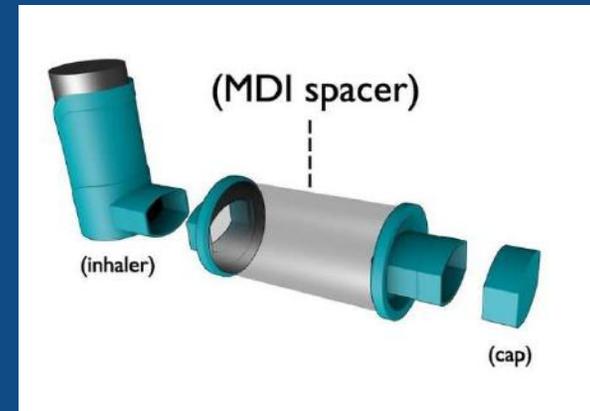


Dry Powder Inhalers



Metered Dose Inhaler & Spacing Device

- Also called inhaler or puffer
- Pressing down on the canister releases a spray of a set dose of medication
- Coordinate your inhalation with activation of the inhaler
- Spacers are highly recommended to:
 - Increase the amount of medication that reaches your lungs
 - Reduce the amount of medication that remains in your mouth and throat (to reduce bitter taste, hoarseness, thrush)



Dry Powder Inhalers

- Used for medications that are in powder format
- Deliver medication to your lungs when you inhale
- There are several types of inhalation devices but not all medications are available for each type of device



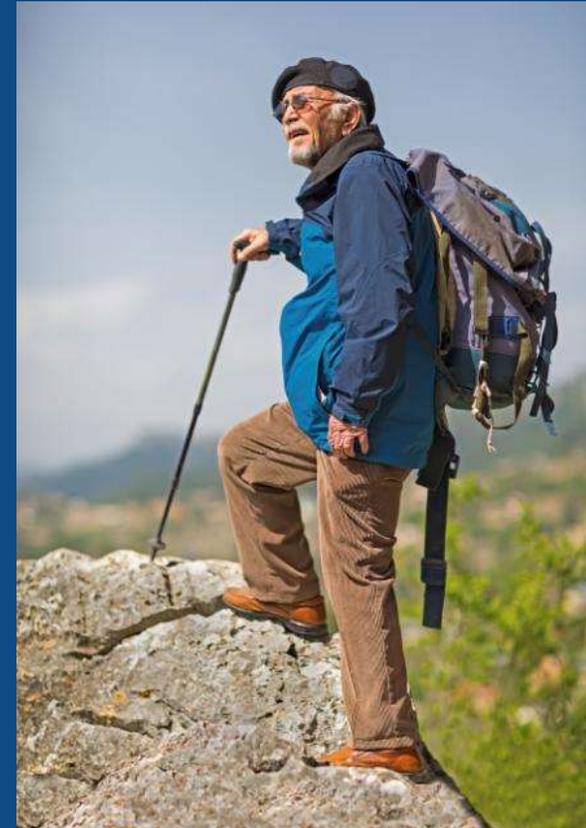
Inhalation Technique Videos

https://www.youtube.com/playlist?list=PLCC_QW43rN_Md-QCRvgSiaxy9gijo3xKT3

Inhaler technique
is it important?



Exercise & Physical Activity



Questions to Think About

Am I doing some exercise and physical activity on a regular basis?

- If yes, what do I do? How often?
- If no, what makes it difficult for me to exercise?

Benefits of Exercise for COPD

- Reduces shortness of breath
- Increases muscle mass and helps maintain bone mass
- Improves functional abilities and endurance
- Improves mood and reduces risk of depression
- Improves sleep and quality of life.

Thinking About Increasing your Exercise & Activity Levels?

- At least 30 minutes per day is recommended
- Aerobic and strength training are both recommended
- Discuss your exercise plan with your doctor or health professional before starting it!



Your COPD Action Plan

Your COPD action plan helps you to make decisions to manage your COPD, especially when your symptoms become worse.



COPD Flare-Up Action Plan

This Action Plan is based on the Guideline: Chronic Obstructive Pulmonary Disease (COPD): Diagnosis and Management, website www.BCguidelines.ca



FLARE-UP ACTION PLAN FOR: _____ Date: _____
 Doctor's name: _____ Doctor's phone #: _____

Green Zone: My COPD is well controlled

- ▶ My breathing problems have not changed (shortness of breath, cough, and sputum).
- ▶ My appetite is normal.
- ▶ I am able to exercise and do my daily activities as normal.
- ▶ I have no trouble sleeping.

What should I do?

Continue to take my medications as prescribed:

Medication	Dose	Puffs/pills	Frequency

Watch for a COPD flare-up when:

- ▶ I get a cold or flu.
- ▶ I feel run down or tired.
- ▶ I am exposed to smoke or air pollution.
- ▶ After weather changes.
- ▶ When my mood changes, such as feeling stressed or anxious.

Yellow Zone: My symptoms are worse | Take action - FLARE-UP

If you experience one or more of these symptoms for more than 12 hours, you're having a COPD flare-up.

- ▶ I am more short of breath than usual.
- ▶ I am coughing or wheezing more than usual.
- ▶ I have more sputum or mucus than usual.
- ▶ I have green, yellow or rust coloured sputum.

What should I do? - Your doctor will check all that apply:

Take **additional** treatment prescribed by my doctor depending on my symptoms:

I increase my reliever (**BURINCARDIALTON**) if I am **MORE SHORT OF BREATH** than usual.

Bronchodilator	Dose	# of Puffs	Frequency

I start my **ANTIBIOTIC** if my **SPUTUM** becomes green, yellow or rust coloured, or has blood in it.

Antibiotic	Dose	# of Pills	Frequency

↓

I start **PREDNISONE** if after increasing my bronchodilator my **SHORTNESS OF BREATH DOES NOT IMPROVE**.

Prednisone	Dose	# of Pills	Frequency

If after taking the above action, your symptoms don't improve within 48 hours, SEEK MEDICAL CARE IMMEDIATELY!

Red Zone: DANGER | Take action - get help!

- ▶ I am extremely short of breath.
- ▶ I am confused, agitated, or drowsy.
- ▶ I have sudden chest pain.

What should I do?

Call **9-1-1** for an ambulance to take you to the emergency room.

Continued on next page →

COPD Action Plan helps to:

- Recognize your everyday COPD symptoms
- List what you are doing everyday to remain well
- Recognize when COPD symptoms are getting worse
- Know how to prevent symptoms from getting worse and start treatment as soon as possible
- Know when and who to call if your symptoms do not improve

When You Feel Well

Green Zone: My COPD is well controlled

- ▶ My breathing problems have not changed (shortness of breath, cough, and sputum).
- ▶ My appetite is normal.
- ▶ I am able to exercise and do my daily activities as normal.
- ▶ I have no trouble sleeping.

What should I do?

- Continue to take my medications as prescribed:

Medication	Dose	Puffs/pills	Frequency

Watch for a COPD flare-up when:

- ▶ I get a cold or flu.
- ▶ I feel run down or tired.
- ▶ I am exposed to smoke or air pollution.
- ▶ After weather changes.
- ▶ When my mood changes, such as feeling stressed or anxious.

- What are your usual symptoms? Be aware of how you feel when your COPD is well controlled.
- Write your regular medications in the space provided on your Action Plan.

When You Feel Worse

How do I know when I'm having a flare-up?

- You are more short of breath than normal
- You are coughing more and/or you have more sputum than normal
- Your sputum changes from its normal colour to yellow, green, or rust colour

If you have one or more of these symptoms for more than 12 hours, you're having a COPD flare-up.

What should I do when I have a COPD Flare-up?

1. Start your action plan as instructed by your doctor
2. If you do not feel better after 48 hours, or if you are getting worse at any time, get medical attention right away. See your doctor or go to Urgent Care or the Emergency Department.
3. Book an appointment to see your doctor to make sure you are on the correct treatment pathway and your symptoms are improving. You may also need to get refills of your COPD flare-up medications.

What should I do when I have a COPD Flare-up?

Yellow Zone: My symptoms are worse | Take action - FLARE-UP

If you experience one or more of these symptoms for more than 12 hours, you're having a COPD flare-up.

- ▶ I am more short of breath than usual.
- ▶ I am coughing or wheezing more than usual.
- ▶ I have more sputum or mucus than usual.
- ▶ I have green, yellow or rust coloured sputum.

What should I do? - Your doctor will check all that apply:

Take **additional** treatment prescribed by my doctor depending on my symptoms:

I increase my reliever (**BRONCODIALTOR**) if I am **MORE SHORT OF BREATH** than usual.

Bronchodilator	Dose	# of Puffs	Frequency



I start **PREDNISON**E if after increasing my bronchodilator my **SHORTNESS OF BREATH DOES NOT IMPROVE.**

Prednisone	Dose	# of Pills	Frequency

I start my **ANTIBIOTIC** if my **SPUTUM** becomes green, yellow or rust coloured, or has blood in it.

Antibiotic	Dose	# of Pills	Frequency

Other: _____

If after taking the above action, your symptoms don't improve within 48 hours, SEEK MEDICAL CARE IMMEDIATELY!

What should I do when I have a COPD Flare-up?

- 1. Look at the changes in your sputum, not only in the morning*
 - If the colour becomes yellow or green you probably have a bacterial infection and need to start taking an antibiotic prescribed by your doctor.
 - For any other changes (amount, consistency) discuss with your doctor if there is a need for you to start antibiotics.
- 2. Look at your shortness of breath*
 - If you have more shortness of breath than usual, you should first try to increase your bronchodilator as prescribed by your doctor
 - If this does not help relieve your shortness of breath, and you have difficulties with your normal activities, you need to start prednisone.

What should I do when I have a COPD Flare-up?

If you recognize symptoms of a respiratory infection you must act quickly!

- A respiratory infection must be treated within 48 hours after the start of the symptoms.
- Symptoms that you feel during a flare up are often identical from one episode to another.
- Learn how to properly identify these symptoms so you can act quickly next time.

When You Feel MUCH Worse

If your respiratory symptoms are not getting better after you have activated your Action Plan:

Call your resource person, OR go to the Emergency department if:

- Your symptoms get worse or do not improve after 48-72 hours of treatment (antibiotic or prednisone)
- Your symptoms get worse again shortly after finishing the treatment (antibiotic or prednisone).

When You Feel You are IN DANGER

If you are in danger, don't take a chance, call 911.

Call you 911 if:

- I am extremely short of breath
- I am agitated, confused, and/or drowsy
- I have chest pain.

Red Zone: DANGER | Take action - get help!

▶ I am extremely short of breath. ▶ I am confused, agitated, or drowsy. ▶ I have sudden chest pain.

What should I do?

Call **9-1-1** for an ambulance to take you to the emergency room.

COPD Flare-up Record

It is important to track the medications you take during a flare-up. If you took an antibiotic, a different antibiotic may need to be prescribed for your next flare-up. ***Bring this information with you to your doctor appointments.***

Write down:

- The date of your flare-ups
- Whether you took prednisone
- What antibiotic (if any) you took
- Did you have to go to the hospital

Date of Flare-Up:					
Did you take prednisone?					
Did you take antibiotics? If so, which one?					
Did you have to go to the hospital?					

Living Well with COPD



A plan of action for life

Do you believe it is possible for anyone with COPD to live a healthy and fulfilling life? We certainly do, and this is why we have developed the Living Well with COPD program for you(...)

+ Keep reading

www.livingwellwithcopd.com