



Chronic Obstructive Pulmonary Disease

This booklet has been written to answer questions that many patients and family members ask about their care during their hospital stay. It will explain the experiences you will have while you are here. Using this as a guide, care will be adapted to you and your needs. When being treated for Chronic Obstructive Pulmonary Disease, COPD, your length of stay may be up to 5 days. Remember, this is a guide. Specific care and timing will be adjusted to you.

Goals for Admission Day

MEETINGS

Someone from Respiratory Therapy will come to your room today to talk about your breathing and evaluate your oxygen needs. A nutrition supervisor will come to talk with you about your eating patterns, food preferences, and any other needs you may have.

TESTS

Lab tests will be ordered by your doctor. A laboratory technician will draw blood for some of these tests. The respiratory therapist will draw blood for a different test and ask you for a sample of sputum. You will also have a chest X-ray.

FOOD

You may receive clear liquids and advance to regular meals as you are able.

MEDICINE

Please let your nurses know how you are feeling. Your doctor will probably have the nurses give you your regular medicines and vitamins today. You will also be given medicines to help reduce anxiety and some for your breathing, either by inhaler or nebulizer.

TREATMENTS - IV

IV fluids and medicines may be given to you today.

I & O

The nurse will measure all fluids you take in and measure your urine.

Vital signs

You will be weighed today. Your temperature, blood pressure, and pulse will be checked every 4 hours.

Oximeter

A clip or wrap will be placed on your finger or earlobe to check the oxygen level in your blood.

ACTIVITY

Your activity will depend on your comfort level with breathing and your oxygen level as measured by the oximeter.

LEARNING

You will learn about helpful and proper breathing and relaxation techniques.

Goals for DAY 1

First Full Day in Hospital

MEETINGS

The physical therapist will work with you to see how to manage your daily activities better. The pulmonary rehab coordinator will come in to introduce you to the program.

TESTS

You may have blood tests today.

MEALS

We encourage you to drink fluids, and rest after meals and snacks.

MEDICINE

You may begin taking medicine in pill form today. Please tell your nurse how you are feeling.

TREATMENTS - IV

This may come out today.

Oximeter

This will still be checked regularly and oxygen may be decreased.

Vital Signs

These will be checked at least four times a day.

ACTIVITY

The physical therapist will work with you on increasing your activity without worsening your symptoms.

LEARNING

We will give you a book about COPD. We will talk to you about your lungs and the things that might trigger symptoms. We will talk about relaxation techniques. We will also talk to you about medicines to help you control your lung disease.

Goals for DAY 2 in the Hospital

MEETINGS

The Discharge Planner will talk to you about needs you may have when you go home. The Occupational Therapist will meet with you today.

TESTS

You may have blood tests today.

MEALS

Same as yesterday.

MEDICINES

You may begin using an inhaler. All other medicines will be in pill form.

TREATMENTS

Same as yesterday. We will talk with you about your needs for home oxygen or medicines.

ACTIVITY

You will walk 10-25 feet. The nurses, physical and respiratory therapists will help you to walk outside your room.

LEARNING

You will learn about healthy eating for people with lung disease. We will talk with you about smoking cessation and check your ability to use your inhaler on your own.

Goals for DAY 3 in the Hospital

MEETINGS

The pulmonary rehabilitation coordinator will talk to you about the program after discharge. If you have questions and would like to talk to a pharmacist about your medicines, or dietician about meal planning, or anyone else, let your nurse know.

TESTS

Same as yesterday.

MEALS

Continue to progress to regular pulmonary meal plan.

MEDICINE

If you would like more information about your medicine, tell your nurse or respiratory therapist.

TREATMENTS

Same as yesterday.

ACTIVITY

You will walk between 25 - 50 feet and climb 3 stairs. This is done in order to improve your strength.

LEARNING

Many activities have included learning today. A physical therapist will also review your home exercise plan with you. Your nurse and/or a pharmacist will review your medicines for home. If you have any questions, do not hesitate to ask. You may also call the Pulmonary Rehab Coordinator for any questions. Share any concerns you may have so that we can make the move from the hospital to home easy and less stressful.

DAY 4 in the Hospital

MEETINGS

We will review instructions for home with you and your family.

TESTS

A respiratory therapist will give you a pulmonary function test.

MEALS, TREATMENTS, ACTIVITY

Same as yesterday. You will walk 50 feet.

MEDICINES

Same as yesterday.

LEARNING

Your home exercise program, pulmonary diet, home oxygen, if planned and warning signs to report to your doctor will all be reviewed with you.

After you are home, the pulmonary rehab coordinator will call you with the dates of your program and/or smoking cessation classes, and to check on your recovery.

We hope your stay has gone smoothly, that you received the care you needed, and that you have everything for your return home. Best wishes for a speedy recovery!

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