

# COPD Inpatient Education Worksheet

## Chronic Obstructive Pulmonary Disease (COPD)

Key Topics:

Date: \_\_\_\_\_

- Understanding COPD & Exacerbation
- COPD Action Plan
- Breathing & Cough Techniques
- Medications, Inhalers & Nebulizers
- Medication Review with Pharmacist
- Irritants that can cause a flare/exacerbation- environmental hazards & Air Quality ratings (Masks)
- Smoking cessation/2<sup>nd</sup> hand smoke
- Healthy weight and diet (Inflammation/workload)
- Lifestyle changes to avoid reflux which can impact lungs
- Equipment Issues (cleaning/maintenance)
- Activity: Pulmonary rehabilitation/OT/PT
- Flu/Pneumovax/Prevnar 13
- Social/Caregiver Support
- Aspiration Precautions: Speech Therapist (Oral care/meals/meds)

Today's Discussion

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

TOC Phone Number:

### Medication Key Points Review

Name	Dose	How Often	Indication/Reminders

Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Transition of Care Team:**