

COPD Education Key Elements

- What is COPD?**
 - A chronic lung disease that makes it difficult to breathe
 - A person with COPD may have emphysema, chronic bronchitis or both
- Common Symptoms**
 - Shortness of breath, wheezing or coughing with or without producing mucus
 - Fatigue which limits activities
- Symptoms to report to your physician**
 - Increased shortness of breath, wheezing or coughing
 - Increase in mucus, color change or has an odor
 - Feeling more tired than usual
 - Sore throat, fever, chills or night sweats
 - Muscle aches and pains or headache
 - Loss of appetite
 - Feeling as though you have a "chest cold"
 - Sudden weight gain with legs/feet swelling
 - Experiencing a faster heart rate than usual
- Medications**
 - Take medications as prescribed by your physician
 - Use metered dose inhaler with a spacer; rinse mouth after using an inhaler containing steroids
 - Oxygen is a medication; do not change the amount unless told to do so by a physician
- Follow Up**
 - Follow up with your care provider
 - Utilize Pursed Lip Breathing to help prevent shortness of breath
 - Use good hand washing; cough or sneeze into a tissue
 - Use Controlled Coughing technique when the mucus in lungs has been thinned by drinking water/fluids
 - Pace yourself. Use slow, smooth movements and be active every day
 - Get flu and pneumonia vaccinations
 - Don't smoke/stop smoking