

COPD

CLIENT CARE PLAN

Client: *Pathways , CarePlan

Client ID#: 1165425300
Admission Date: 12-06-2006

28 Respiration Potential Problem

Admission Rating K B S
Desired Outcome K B S

Cat.	Target	Care Description Note
TGC	Anatomy/Physiology	Respiratory System 1) COPD disease process 2) Symptoms of COPD- (dyspnea, cough, decreased exercise tolerance)
TGC	Signs/Symptoms-Physical	When to Notify Providers 1) Increased SOB/Breathing difficulties 2) Increased coughing that produces mucus 3) Change in mucus color, thickness, odor or mucus that is blood-streaked 4) Swelling in both feet or ankles 5) New or increase in wheezing 6) Loss of energy or progressive weakness
TGC	Respiratory Care	Avoid Allergens, Smoking / Other Substance Use, Second-Hand Smoke, and Temperature Extremes Teach preventative measures to minimize risk of flare-up: 1) Avoid areas that are high-risk for infection 2) When air pollution is high, stay indoors 3) Eliminate aerosol sprays (use sticks, pumps or creams) 4) Wash hands with warm soapy water 5) Avoid touching face with hands 6) Teach patient learn their trigger symptoms
TGC	Relaxation/Breathing Techniques	Other 1) Controlled breathing 2) Pursed lip breathing 3) Diaphragmatic breathing 4) Huff cough technique 5) Relaxation techniques
TGC	Exercises	Recommended Activity Program 1) Teach to group activities after Neb treatments 2) Encourage client to ask physician about appropriate physical exercises 3) Importance of regular routine exercise
S	Signs/Symptoms-Physical	Evidence of Disease / Infection 1) Lung sounds 2) Vital signs 3) Sputum color, amount & characteristics 4) Skin color 5) Medication use
S	Discipline	Other Refer to PT for energy conservation, MSW for coping skills & resources ^{assessment} assessment , assess need for HHA
TGC	Mobility/Transfers	Balanced Rest / Activity Teach and assess balance of rest and activity

*Pathways , CarePlan

42 Medication Regimen Potential Problem

Admission Rating K B S
Desired Outcome K B S

Cat.	Target	Care Description Note
TGC	Medication Action/Side Effects	Purpose / Benefits 1) Teach importance of COPD medications 2) Teach difference between COPD controller inhalants & rescue inhalants 3) Teach possible side effects of each prescribed inhalant 4) Teach not to take any OTC meds unless check with physician first
TGC	Medication Administration	Follows Correct Technique Correct technique and use as prescribed 1) Inhaler / neb use 2) Inhaler / neb care 3) Use spacer to help deliver med more effectively 4) Rinse mouth after use to prevent yeast infection
TGC	Signs/Symptoms-Physical	Evidence Of Other Disease / Infection 1) Needing / using more reliever medication than prescribed 2) Decrease in activity tolerance

35 Nutrition Potential Problem

Admission Rating K B S
Desired Outcome K B S

Cat.	Target	Care Description Note
TGC	Dietary Management	Basic Nutrition 1) Teach reason why eating makes breathing difficult 2) Teach recommended diet/nutritional supplements 3) Encourage small, frequent meals
S	Dietary Management	Follows Basic Nutritional Plan 1) Monitor weight 2) Monitor meal planning / grocery shopping

41 Health Care Supervision Potential Problem

Admission Rating K B S
Desired Outcome K B S

Cat.	Target	Care Description Note
TGC	Screening Procedures	Standardized Assessment Guides / Diagnostic Tests 1) Importance of annual spirometry test 2) Importance of annual Lung Function Test (LFT) 3) Importance of annual review of COPD action plan 4) Nutritional assessment 5) Pulmonary education program
TGC	Wellness	Influenza And Pneumonia Vaccinations

Cat.	Target	Care Description Note
CM	Support Group	Other 1) Community / Facility based services 2) Telephone support 3) Recommended / approved websites
S	Medical/Dental Care	Receives Care When Scheduled
TP	Medical/Dental Care	Other Add phone follow-up between home visits 1) Review Emergent Care Plan 2) Continue client/caregiver education re disease process
TP	Nursing Care	Other 1) Create client specific Emergent Care Plan 2) Leave copy in home 3) Review with client/caregiver at each visit 4) Coordinate w/physician to adjust prescribed visit frequency for appropriate disciplines as needed
S	Medical/Dental Care	Adequate / Appropriate Complete Re-hospitalization/Emergent Care Risk assessment at regular intervals throughout length of stay