



We provide trusted, compassionate and expert health care to our community members to improve their health, independence and dignity.

Cornerstone VNA is an independent nonprofit organization. Our programs include:

HOME CARE

Advanced care by an interdisciplinary team for patients with complex medical issues

HOSPICE CARE

End-of-life care including physical, emotional and spiritual comfort

PALLIATIVE CARE

Specialized care and symptom management for people with chronic illnesses

LIFE CARE

Private duty program to help people “age in place”

COMMUNITY CARE

Community outreach, wellness clinics, educational programs, and caregiver support

To learn more about our health care programs call 800-691-1133 or visit our website, cornerstonevna.org.

Main Office: 178 Farmington Road, Rochester, NH 03867



CORNERSTONE VNA
HOME • HEALTH • HOSPICE

Trusted Care since 1913



LEARN HOW TO MANAGE YOUR CONDITION

Disease Process and Risk Factors

The Role of Medication, Diet, and Exercise

Steps YOU Can Take to Improve Your Health

603-332-1133

This booklet was put together to help you understand your role (“self-care”) in keeping your COPD under control.

Self-care includes:

1. Personal Action Plan: monitoring yourself for symptoms and taking action right away when they occur
2. Understanding your disease
3. Telemonitoring
4. Setting personal goals to manage your disease
5. Proper use of your Medications: Pills, Inhalers, Nebulizers and Oxygen
6. Stop Smoking
7. Symptom Management
8. Following a proper diet
9. Exercising and staying active

- It is important to understand the symptoms that you have when your COPD worsens.
- You will tend to have the same symptoms each time your COPD worsens.

Symptoms I have had are:

Your Action Plan:

Use this guide to help you report changes in your symptoms to your doctor or home care provider.



Reporting symptoms early may keep you out of the hospital.

You are doing WELL when:

- You can do your normal activities
- You have no changes in your symptoms
- Your usual medicines are controlling your symptoms

Call CORNERSTONE VNA at 332-1133****In the next 24 hours when:**

- You have increased shortness of breath with usual activity
- You are coughing more than usual
- You have increased wheezing
- You have increased sputum or it has changed in color
- You have to use short acting medicines more often
- You feel more tired or restless

*****Fever may or may not be present*****

Call 911 RIGHT AWAY when:

- You have severe shortness of breath or shortness of breath at rest
- You have chest pain that doesn't go away
- Your lips or fingernails turn gray or blue
- You feel unusually sleepy or confused
- Your heart feels like it is racing continuously

Disease Process and Risk Factors

What does *Chronic Obstructive Pulmonary Disease (COPD)* mean?

- COPD is a preventable and treatable disease
- It means that airflow in your lungs is restricted so that your lungs do not work as well as they need to.
- The airflow restriction is usually gradual and linked with an abnormal swelling of the lung because of harmful particles or gases
- It may be caused from Chronic Bronchitis:
 - Chronic cough and mucus production for 3 straight months over 2 straight years
- Hereditary
- Exposure to chemicals or fumes in the work place
- Or it may be caused from Emphysema:
 - Distention and destruction of parts within the lung
- You may feel more short of breath while doing activities you normally do
- You may have a cough that does not go away
- You may have wheezing or tightness in your chest when you take a deep breath

Activity & Exercise

You should monitor yourself for *fatigue* and *shortness of breath* when you exercise. Your home care nurse or therapist will teach you how to use the Borg scale so that you can rate your shortness of breath and/or fatigue during activity and exercise.

Modified Borg Scale

0	NOTHING AT ALL
0.5	VERY, VERY SLIGHT (just noticeable)
1	VERY SLIGHT
2	SLIGHT
3	MODERATE
4	SOMEWHAT SEVERE
5	SEVERE
6	
7	VERY SEVERE
8	
9	VERY, VERY SEVERE (almost maximal)
10	MAXIMAL

Staying Active and Safe:

- Exercise provides many benefits for you when you have COPD
- Pacing—*slow down!* Take several rest breaks. Be sure you are breathing normally.
- Activities such as walking, bike riding or swimming are good exercise options.
- Exercise will:
 - *Improve your muscle tone*
 - *Strengthen your heart*
 - *Increase your energy*
 - *Make you feel better*
- Before starting an exercise program, your COPD should be stable
- Talk to your doctor before starting any exercise program
- It is important to start slowly when you are not used to exercising
- A home physical therapist can help you begin



What is Telehealth?

- In addition to your already scheduled in person visits M-F; the Telehealth nurse will initiate scheduled video calls based on your condition or illness. Telehealth nursing will help you address any concerns and will do any teaching that is needed. You can see the nurse and the nurse can see you.
- A Telehealth nurse will work with your Provider to help get you the treatment you need or arrange for a nurse to do a home visit if needed to help keep you home.
- At any point if you are not feeling well or are concerned you can call Cornerstone VNA to report your symptoms.

What to expect?

- ♥ You will need a working cell phone that can receive text messages
- ♥ Wifi is required to be able to text and use video calling with the Telehealth nurse
- ♥ A Telehealth nurse will remotely monitor you by texting, calling and/or using remote video to perform assessments and education.
- ♥ There is no equipment to install
- ♥ If your Provider wants you to monitor your vitals, you will be expected to purchase your own monitoring equipment (blood pressure, pulse oximeter and scale). Cornerstone staff can help guide you on the best most affordable equipment to purchase
- ♥ This program is FREE and very easy to use.

Setting Your Personal Goals

My Personal Plan:

I would like to work on the following areas to manage my COPD:

- Understanding my symptoms
- Using Oxygen
- Using my inhalers or breathing treatments
- Stop smoking
- Preventing Respiratory Infections
- Regular Exercise
- Eating Healthy
- Independence with _____
- Other _____

What is the hardest thing about living with your lung disease?

What concerns you the most about your lung disease?

My Personal Plan:

My GOAL for the next month is:

Possible problems in meeting my goal:

Diet & Nutrition

Nutrition is very important.

- Try eating six small meals per day instead of three large meals
- Your body needs oxygen to breath. You need more oxygen to digest large meals Instead of using it to help you breath easier.
- Eat food high in protein like eggs, turkey, fish and chicken
- Avoid gassy foods like broccoli, cabbage, beans, melons and carbonated beverages That tend to bloat you.
- Limit caffeinated beverages—they can interfere with medications and increase water log
- Monitor salt intake, retains water and can strain breathing
- Do not eat too much dairy. These products can lead to excess mucus and cough
- Drink 6 to 8 glasses of water a day. This will help loosen secretions in the lungs.



Symptom Management

BREATHING TECHNIQUES

Pursed lip breathing – creates back pressure to keep airways open and reduce air trapping

- Exhale through pursed lips for *twice* as long as inhalation: Inhale through the nose
- Normal size breaths, not deep breaths

Diaphragmatic breathing – may not be helpful with very severe disease

- When you breath out, your stomach should come in
- When you breath in, your stomach should go out

Controlled Cough – to help you do a good cough and decrease shortness of breath & coughing spasms

- Take a deep breath
- Hold several seconds
- Tighten stomach
- 2-3 short coughs
- Breath in slowly through the nose
- May need to repeat several times
- Pace yourself and rest between activities when you start to feel short of breath. Your lungs are weakened and you want to conserve your energy

Resources & References

My Personal Plan: (continued)

Things that would help me meet my goal:

My confidence in being able to meet my GOAL:

0 1 2 3 4 5 6 7 8 9 10
Not Very
Confident Confident

For More Information

COPD Society of America
www.abouthf.org or 1-651-642-1633

American Heart Association
www.americanheart.org or 1-800-242-8721

Local Resources: _____

CORNERSTONE VNA

178 Farmington Road, Rochester, NH 03867
603-332-1133

My Nurse is: _____

Take this booklet with you to your doctor appointment.

Medicines: Inhalers

Bronchodilators- action: relax smooth muscles in the airways

Short-acting- "rescue medicines" start working within minutes and last about 4 to 8 hours. Examples: Albuterol, Proventil®, Ventolin®, Xopenex®, Maxair®

I Use: _____

Long-acting- "maintenance medicines" to help control COPD symptoms for up to 12 hours. Examples: Serevent®, Foradil®

I Use: _____

Corticosteroids –reduces swelling in the airways.
Examples :**Inhaled** (Flovent®, Pulmicort®, Asmanex®)
Pills (prednisone)

I Use: _____

Vaccines

Influenza

Pneumonia

Whooping Cough

Smoking Cessation

- Cigarettes smoking is the most common cause of COPD
- Stopping Smoking is the single most effective thing you can do to prevent COPD and its progression
- There is no safe amount of smoking
- Avoid second hand smoke
- It doesn't matter what age you stop, you can prolong your life
- Talk with your nurse or doctor about ways to help you stop
- Join a Support Group

***** Extremely Important: Do not smoke while on oxygen. This can cause a fire hazard! *****



Oxygen Management Guide

You are doing WELL when:

- My oxygen flow is set at the proper liter(s) prescribed by my doctor
- I continue to wear my oxygen continuously, with activity only, or only at bedtime as prescribed
- I am able to do my normal activities without increase shortness of breath
- I continue to take all my medications daily as prescribed by my doctor
- I continue to follow with all of my doctor appointments
- I contacted my local Fire Department, Power Company, and Telephone Company to make them aware I am on Oxygen in case of a power outage in my area.

Call CORNERSTONE VNA at 332-1133

**In the next 24 hours when:

- I am feeling increase shortness of breath today performing my normal activities and at rest
- I am experiencing increase cough, wheezing, or chest tightness
- I am coughing up thicker phlegm that is yellowish/greenish/or grayish in color
- I need to use more than 2 pillows to sleep on at night for breathing comfort
- I need to use my nebulizer or inhaler more than as prescribed by my doctor
- I am having problems or concerns with my oxygen equipment and need help

Call 911 RIGHT AWAY when:

- I am struggling to breathe today more than usual
- I needed to increase my Oxygen flow rate to help me breathe better
- My skin color is pale or gray
- My fingernails or lips are blue
- I am having difficulty walking keeping my balance
- I am only able to speak 2-3 words at a time
- I am feeling confused in my surroundings, agitated, or nervous

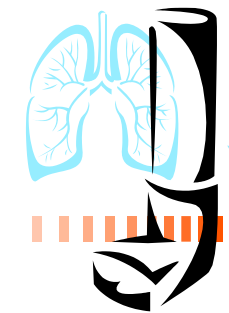
****Call 911 right away for immediate medical attention****

Medicines: Inhalers

Correct Inhaler Use

Technique

1. Take off cap
2. Shake canister
3. ***Exhale first
4. **Without Spacer**: Activate Inhaler while taking a deep steady breath in as soon as the inhaler is activated
5. **With Spacer**: Activate inhaler, allow medication to fill the chamber, then take a deep steady breath in
6. Hold breath 10 sec
7. ***Wait 1-minute before next puff



Medicines: Nebulizers

Purpose: medications for breathing that are inhaled by a mouth piece or mask.

Instructions for use:

- Wash hands with soap and water for 20 seconds before starting
- Put medication into cup and screw cap on tightly
- Sit upright
- Place mouthpiece between teeth, over tongue, with lips comfortable sealed
- Once treatment begins, do not interrupt until complete
- Take deep relaxed breaths until nebulizer begins to sputter
- Rinse your mouth after use to prevent thrush

Instructions for cleaning:

- Clean equipment based on machine instructions
- Wash in soapy water, rinse, distinct, rinse, air dry

Medicines: Oral

Phosphodiesterase — 4 inhibitors

Pill form

- Reduces inflammation
- Changes mucus production
- Prescribed for severe COPD

Theophylline

- Pill form
- Eases chest tightness and SOB
- Can help prevent Flare ups

Antibiotics and Antivirals

- Antibiotics or antivirals may be prescribed when you develop respiratory infections

Medicines: Oxygen

Oxygen: KEY for SURVIVAL

- Benefits (extends life, decreases stress on heart, makes breathing easier, improves muscle function, improves ability to think clearly)
- It improves your ability to do the things you enjoy and love
- It enhances your life, it doesn't prevent you from living your life
- Lung transplant is another option in some cases