



Chronic Obstructive Pulmonary Disease (COPD) Patient Pathway

What to Expect on the Day of Admission (Day 1)

Patient Outcomes	This booklet will help you understand what will happen during your stay and why you were admitted to the hospital. If you do not understand, please ask your nurse.
Assessment	<p>Your temperature, pulse, breathing, and blood pressure will be checked frequently. A nurse will listen to your chest and assess your breathing as required.</p> <p>Your weight and height will be measured.</p> <p>A nurse will ask if you smoke. If you do, and you are interested in quitting, education will be provided. You will be encouraged not to smoke during your hospital stay. We can offer you a nicotine patch while in hospital.</p>
Tests	You will have blood tests and a chest x-ray done. If necessary, they may be repeated throughout your stay.
Medications	<p>You will be asked about all the medications you take at home, so your doctor has a current and accurate list. This includes prescription medications, over-the-counter medications, and herbal and vitamin supplements.</p> <p>Medications will be given to you as ordered by the doctor. These may include antibiotics and medication to help with your breathing. If you have any concerns or questions about your medications, please speak to your nurse.</p>
Treatment	You will be given oxygen through small prongs in your nose or through a face mask if necessary.
Nutrition	You may eat or drink as you like, unless you require a special diet ordered by your doctor. It is important that you drink a lot of fluids.
Consult	A team of people, including a pharmacist, dietitian, physiotherapist, occupational therapist, social worker, respiratory therapist and Community Care Access Centre (CCAC) care coordinator, are already working on getting you home. They will explain who they are and what they do when they come to see you.
Activity	You will be encouraged to move as much as possible. We want to get you up moving at least once every six hours. This includes getting up in a chair, getting to a commode or walking to the bathroom if possible. Staff is available to assist you if needed.
Education	Your nurse will orientate you to your room and the unit you are on. Today, we will help you understand what Chronic Pulmonary Obstructive Disease (COPD) is, and give you an education package for you and your family. This package will be used throughout your stay to help you manage your disease when you return home. Please review this package with your family. We will work with you and your family to help prepare you for going home.
Discharge Planning	What are your goals and/or concerns for returning home safely? Please share any concerns and goals with your healthcare team.

What to Expect on Day 2 and Day 3

Patient Outcomes	You should now be starting to breathe more easily.
Assessment	<p>Your temperature, pulse, breathing, and blood pressure will be checked. A nurse will listen to your chest and assess your breathing.</p> <p>You may have a physiotherapist come in to assess how your diagnosis affects your daily activities. He or she will assess your ability to move and teach you and your family breathing and strengthening exercises.</p> <p>A nurse will ask who your family doctor or nurse practitioner is, as you will need to follow up with him or her when you are discharged. If you do not have a family doctor or nurse practitioner, we will provide you with information to help you find one.</p>
Tests	Your doctor may order more tests for you today.
Medications	You will continue taking medications to help you breathe.
Treatment	You will continue to receive oxygen if necessary. Every two hours, practice your deep breathing and coughing exercises.
Nutrition	You will be encouraged to drink extra fluids unless you are instructed otherwise. A dietitian may come see you to talk about your diet while in hospital.
Activity	You will be encouraged to get out of bed, sit in a chair and walk short distances at least every six hours. Staff is available to help you if needed.
Education	<p>Your nurse and respiratory therapist will review the <i>Circle of Care</i> COPD booklet with you and your family. They will focus on helping you understand your breathing medications and when to use them when you go home.</p> <p>We will review with you the use of your inhaler device. Please feel free to ask lots of questions. It is important that you know how to use the inhaler device when you have flare-ups at home to prevent another hospitalization.</p> <p>Please review these sections in your <i>Circle of Care</i> booklet:</p> <ul style="list-style-type: none"> • Devices (Inhalers) and Medications • How to Use your Medication • Inhaler handout from the respiratory therapist

Notes: _____

What to Expect on Day 4

Patient Outcomes	Your breathing should be back to your normal. You are now prepared for discharge.
Assessment	Your temperature, pulse, breathing and blood pressure will be checked. A nurse will listen to your chest and assess your breathing. You will be weighed again prior to your discharge. A CCAC care coordinator may talk with you to help you plan for your discharge from hospital.
Tests	A nurse or respiratory therapist may perform a breathing test called spirometry. This test will be explained to you.
Medications	You will continue taking medications to help your breathing.
Treatment	Your need for oxygen will be reassessed. You may be assessed for oxygen at home. If you need to go home on oxygen, we will make the arrangements for you. Continue with the deep breathing and coughing exercises.
Nutrition	You should continue to drink extra fluids unless otherwise instructed.
Activity	You will be encouraged to be up and walking as much as possible, in preparation for your return home.
Education	Your nurse and respiratory therapist will work with you and your family to help you recognize the signs and symptoms of a COPD flare-up and steps to take if you experience them at home. They will also give you instructions for discharge, including reasons to call your doctor. Please read over the below sections of your <i>Circle of Care</i> booklet: <ul style="list-style-type: none">• Prevent and Prepare• Plan for Success• COPD Action Plan Please feel free to ask any questions you may have.
Discharge Planning	A follow-up appointment will be made for you with your family doctor or nurse practitioner before you are discharged.

Notes: _____

What to Expect on the Day of Discharge

Patient Outcomes	You should now understand how to care for your COPD when you leave the hospital. You should be moving and walking like you did before you had this flare-up.
Medications	<p>You may be given prescriptions when you are discharged. Please take them exactly as ordered.</p> <p>You will be given a list called <i>Patient Discharge Medications</i>. Please bring this sheet to your pharmacy and any follow-up appointments with your doctor or nurse practitioner.</p>
Nutrition	Continue to drink lots of fluids, unless otherwise instructed, and eat a balanced diet.
Activity	Remember not to do activities that leave you breathless and feeling unable to recover. Continue to use your breathing and coughing exercises while at home.
Education	<p>Before discharge, your nurse will review the following items with you and your family:</p> <ul style="list-style-type: none"> • Your medications • New prescription(s) if ordered • Discharge instructions • Your follow-up appointment with your family doctor or nurse practitioner • Home oxygen arrangements if needed • Future tests <p>Please take home with you:</p> <ul style="list-style-type: none"> • Circle of Care booklet • COPD Action Plan • COPD Patient Pathway <p>A CCAC care coordinator may revisit you to confirm the services you may receive at home.</p>

Notes: _____
