

Guidelines

good health guidelines for
people with copd



DON'T SMOKE Smoking makes COPD worse. It is never too late to quit smoking. Ask your health care provider to help you find the best way for you to quit smoking.



SPIROMETRY This is a simple lung function test done in a health care provider's office or in a hospital. The test determines the stage of your COPD. You will be asked to blow out hard and fast into a tube attached to a machine or computer. The test provides two important measures:

- 1) **Forced Vital Capacity (FVC)** measures the greatest amount of air that you can exhale after taking a deep breath, and
- 2) **Forced Expiratory Volume 1 (FEV₁)** which measures how well you can exhale in one second.

Ask the clinician to write down your FVC and FEV₁ test results. These tests should be done at least once a year or more often as recommended by your health care provider.



ACTION PLAN REVIEW Your health care provider will give you a list of things to do when your symptoms change. Quick action when your breathlessness becomes worse, or you develop a chest infection, can avoid your needing emergency or hospital care. You should review your action plan with your health plan provider at least once a year or whenever your condition changes.



PULSE OXIMETRY The oximeter measures the amount of oxygen in your blood. To help determine when you need extra oxygen, tests may be performed at rest, during exercise, and overnight. This test should be done at least once a year, or more often as recommended by your health care provider.



ARTERIAL BLOOD GAS You should have your blood oxygen levels checked with an arterial blood gas (ABG) measurement at least once a year if your lung number (FEV₁) is less than 40%, and more often if you are using extra oxygen as part of your treatment.



FLU VACCINE People with COPD can become seriously ill if they get the flu. It is very important that you get your flu shot every year. You should schedule to get your flu shot between the months of September and December.



PNEUMOCOCCAL VACCINE Pneumonia can be a serious problem for people with COPD. A pneumococcal vaccination is given one time, but should be repeated if you are older than 65 and five years or more have passed since your vaccination.



NUTRITIONAL ASSESSMENT With COPD your muscles have to work harder to breathe, causing you to burn more energy. Being underweight leads to weaker muscles, and being overweight puts a strain on your breathing muscles, both of which add to difficulty breathing. Good nutrition and maintaining a normal body weight are important for people with COPD. Your health care provider may refer you for a nutritional assessment if you are too thin or too heavy.



EXERCISE It is important to have strong muscles so your lungs don't have to work as hard to supply oxygen to them. Ask your health care provider to recommend exercises that you can do to strengthen your muscles.

Please take and discuss this information during your next doctor's appointment.

Complete the requested information located to the right and keep at home for your records.

Also, have this important information available if you have a scheduled phone call with one of our nurses.

Tests and Exams

Please check all that are complete.

<input type="checkbox"/>	Personal Best Peak Flow Value	Date _____	Value _____
<input type="checkbox"/>	Action Plan Review	Date _____	
<input type="checkbox"/>	Daily Management Plan Review	Date _____	
<input type="checkbox"/>	Spirometry	Date _____	PreFEV ₁ _____ %Pred _____
			FEV ₁ /FVC _____ %Pred _____
		Date _____	PreFEV ₁ _____ %Pred _____
			FEV ₁ /FVC _____ %Pred _____

Reviewed and approved* by
 JOHNS HOPKINS

A committee of Johns Hopkins faculty and professional staff have reviewed these materials and found them to be appropriate for use by primary care physicians, other health professionals and patients. Johns Hopkins acted independently of and received compensation from American Healthways for this review. Johns Hopkins bears no responsibility for clinical outcomes that result from applying these guidelines.