



Evading Exacerbations Keys for COPD Management in LTC

Caring for residents with COPD should maximize independence and minimize exacerbations. Routine evaluation of the barriers, risks, and active issues affecting health outcomes is important. In addition to the non-pharmacologic approaches, it is important to routinely review the medical management of these residents with the provider to ensure they are receiving treatment that enables the highest level of function possible.

1. Start programs to reduce risk of exacerbation amongst COPD patients

- a. [Pulmonary Rehabilitation Program](#)
- b. Smoking cessation support (e.g. Nicotine replacement protocol)
- c. Disease focused COPD education for residents, caregivers, and facility staff

2. Chronic COPD Management

- a. Use of maintenance inhalers & mucolytics
- b. Utilizing incentive spirometry for immobile/sedentary
- c. Routine assessment for s/sx of exacerbation

3. COPD Management in respiratory virus season

- a. Educate family/friends importance of no visitation when feeling ill
- b. Routine evaluation for up-to-date immunizations per CDC guidelines
 - i. Provide education and support for annual Influenza vaccine
 - ii. Pneumococcal - [CDC: App for PNA immunization](#)
 - iii. Up-to-date COVID-19 immunizations
- c. Increased monitoring for early detection and intervention of respiratory infection during peak season

Resources:

[The COPD Pocket Consultant Guide | Healthcare Provider Track](#)

[Health: CDPC: COPD](#)

[The Basics of Pulmonary Rehabilitation | American Lung Association](#)