

HighPoint & Homecare

SUMNER REGIONAL MEDICAL CENTER

Chronic Obstructive Pulmonary Disease (COPD)

COPD, or chronic obstructive pulmonary disease, is a progressive disease that makes it hard to breathe, and gets worse over time. COPD is caused by cigarette smoke, air pollution, lung infection, jobs with dust or fumes, and family genetics. Although COPD is a serious illness, it can be controlled with positive health habits, medication, and changes to your environment.

The HighPoint Homecare team educates our patients and their families about the condition, and how to live with COPD. Our education and protocols include:

- Reviewing medical history and symptoms
- Medication counseling
- Oxygen safety, proper equipment use, portability, and fire prevention tips
- Peak flow meter training and monitoring
- Breathing exercises and positions
- Humidification, coughing and breathing techniques for clearing mucus
- Lung infection symptoms
- Daily activity management
- Fluid intake, nutrition and food preparation tips
- Use and care of metered-dose inhaler and nebulizer
- Visual educational aides for both the patient and family members
- Stress management
- Environmental safety and home sanitation
- Emergency Care Plan (when to call us, when to call 911)

Additional monitoring and care for our COPD patients include:

- 24/7 nursing care available
- Increased visits at start of care (visit frontloading)
- Phone call evaluation assessment to patient by a clinical reviewer within 72 hours of admission and periodically in between visits

**To learn more about our services, please call
(615) 328-6589 or fax (615) 328-3891.**

