COPD Checklist with links to resources
(*LP refers to Lippincott Procedures)
(MedBridge requires a subscription)

Patient-centered goal: To improve quality and quantity of life for patients living with chronic respiratory illnesses.

For a detailed look at the Encompass Health COPD program:
LP: Respiratory Training Part 1: Assessment/Evaluation Strategies
LP: Respiratory Training Part 2: Intervention/Treatment Strategies
LP: Respiratory Training Part 3: Incentive Spirometer and RMT (Breather) Device
LP: Respiratory Training Part 4: Case Management: Transition from Inpatient Rehab to Home Health

Skilled clinical assessment (LP: Respiratory Assessment, Home Care)
✓ Patient interview
  o Include all factors that impact respiratory system (e.g., med compliance, SDOH, nutritional status, smoking)
  o Use Motivational interviewing to determine and maximize patient’s capacity for lifestyle change (Best Practice Pocket Guide and here)
✓ Auscultate lungs: Be able to screen for abnormal breath sounds at the least
  o Listen: https://www.respiratorytherapyzone.com/breath-sounds-guide/
  o Listen: https://www.youtube.com/watch?v=JUoZCrq25gc
  o Listen: https://www.youtube.com/watch?v=KRtAqeEGq2Q
  o Practice on your family and friends. Listen to every patient. You will soon find yourself recognizing abnormal.
✓ Accurately assess breathing patterns and dyspnea at rest and with activity each visit (LP: Respiratory Assessment, Home Care)
✓ Accurate OASIS assessment
  o Dyspnea (M1400). Measure accurately each visit.
  o OASIS Accuracy Improving Dypsnea - M1400
  o LP: OASIS - M1400 Dyspnea
  o OASIS on MedBridge
    ▪ OASIS – D1 Part 4: System-by-System Approach to Assessment
    ▪ Home Health Assessment Part 1: Subjective and Objective Data
    ▪ Home Health Assessment Part 2: Data Analysis and Care Planning
    ▪ Home Health Assessment Part 3: Special Considerations
✓ Standardized Assessment (options) (LP: Respiratory Assessment Part 1 video)
  ▪ Modified BORG Dyspnea Scale: EH Lung Disease book and LP: Pulmonary rehabilitation, exercise training, respiratory therapy
  ▪ Maximum Phonation Time  LP: Maximum Phonation Time
  ▪ 2 Minute Step Test  LP: 2 Minute Step Test

Effective plan of care
✓ Choose Altered Respiratory System pathway
✓ Add to POC: 5 prn nursing visits to be utilized throughout the 60 day POC if patient goes into red or yellow zone
✓ Schedule PRN in person or telehealth visit within 24 hours if patient goes into yellow or red zone
✓ Schedule SN96 high-risk calls on non-visit days during first 14 days to monitor, manage, and proactively mitigate hospitalization risk

Educate with teachback following Altered Respiratory System pathway
✓ Issue EH Lung Diseases book on first visit or asap.
   o Review with teachback Breathing Management Zone Tool
   o EH Lung Diseases
   o COPD Management Zones
✓ Self-Assessment: breathing rate and quality, sputum (LP: Respiratory Assessment Part 2 video)
✓ Oxygen usage and safety (LP: Oxygen Therapy, Home Care)
✓ General treatment strategies
   o Proper positioning for effective breathing
   o Energy conservation
   o Relaxation
   o Exercise: stretching/strengthening muscles of respiration
      (MedBridge>Patient Engagement>HEP>Quadratus Lumborum, Lateral Costal Stretch)
✓ Specific breathing strategies (EH Lung Diseases book)
   o Pursed lip breathing (MedBridge>Patient Engagement>HEP>Pursed lip breathing)
   o Diaphragmatic breathing (MedBridge>Patient Engagement>HEP>Diaphragmatic breathing)
   o Incentive spirometry (Lippincott: Incentive Spirometry)
   o Respiratory muscle training (RMT) The Breather
      ▪ LP: Respiratory Training Part 3: Incentive Spirometer and RMT (The Breather)
      ▪ Website: PN Medical
✓ Use of inhalers
   o LP: Dry powder inhaler use; Metered-dose inhaler use, home care
   o EH Lung Diseases book
✓ Energy Conservation/Pacing
   o LP: Energy Conservation and Movement Efficiency Training
   o MedBridge Energy Conservation
✓ Self-Management of Risk Factors and Lifestyle Habits (EH Lung Diseases Book)
   o Medication Management
   o Proper Nutrition
   o Managing Anxiety and Avoiding Triggers
   o Managing risk factors such as smoking, alcohol use, obesity, and prevention (vaccines/infection control)