

Chronic Obstructive Pulmonary Disease (COPD)

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Introduction

Chronic obstructive pulmonary disease is linked to difficulties in breathing since it effectively restricts airflow out and into the lungs, thus causing significantly high global mortality and morbidity rates. During my nursing practice, I recently encountered a 63-year-old patient struggling with the disease. Therefore, the paper will identify the specific nursing care practices that emerged from managing the COPD patient while describing the best and most effective nursing practices for the patient's care. Generally, the paper will outline various aspects of the case study, including the discharge plan, evaluation, recommendations, patient teaching, interventions, assessment, and the patient's medical history. The paper will also describe various nursing intervention rationales among other existing literature on various nursing care recommendations for patients with COPD.

Client History

The patient's family lineage reveals traces of various lung-related conditions, especially from his parents. He complained of feeling depressed due to his COPD symptoms, such as shortness of breath and frequent coughs. For instance, he mentioned that his parents had lung-related health conditions that led to their demise. The patient has also received multiple exacerbations from frequent hospital visits for twelve months due to his worsening COPD symptoms.

Assessment

After conducting a thorough physical examination, I discovered the patient had 92% oxygen saturation on room air with normal vital signs. While breathing, he utilizes his accessory muscles, thus experiencing labored breathing and wheezing with decreased breath sounds, as revealed by his lung auscultation. In addition, patient also had 20 breaths per minute in his

respiratory rate with moderate respiratory distress. Emphysema was also evident from his chest X-rays. He also had sputum production from the persistent coughs. The patient's respiratory symptoms were exacerbated by his weakened state, enhanced by overall signs of malnutrition. Some of the noticeable signs and symptoms of malnutrition from the assessment included his low BMI, fatigue, and loss of appetite from his reporting.

Interventions

Several interventions can be utilized to lessen his health problems enhanced by COPD and to improve his health outcomes. For instance, the client requires breathing treatments, and his oxygen saturation levels should be monitored. In addition, the client has an appointment with a pulmonologist who will prescribe various medications to help treat his symptoms (Baker & Fatoye, 2019). Since the patient is experiencing different COPD symptoms, self-management strategies should also be implemented to teach the client how to manage the exacerbations and the effective use of his inhaler. The client's home should also be free from pet dander, dust, and cigarette smoke that may exacerbate or trigger COPD symptoms (Staiou et al., 2021). He should also receive basic knowledge of fall prevention strategies to ensure his safety at home. Effective management of the condition can also be enhanced by encouraging and providing proper emotional support during challenging times by offering him reassurance, positive feedback, and active listening. The patient's family can also help reduce his hospital admissions and promote better outcomes by receiving education on how to support him at home.

Patient Teaching

For effective management of COPD symptoms, proper use of nebulizers, inhalers, and other medications, should be enhanced patient education. In this case, he should receive appropriate education on improving his lung functionality through diaphragmatic, pursed-lip, and

other breathing techniques (Bugajski et al., 2020). In addition, education on nutritional habits is also crucial in managing the COPD symptoms. For instance, he should be taught the significance of eating vitamins, proteins, and fiber-rich foods to maintain a balanced and healthy diet. In addition, he should also be trained on the importance of avoiding things that exacerbate or trigger his COPD symptoms, including environmental irritants and passive smoke (Zheng & Wu, 2022). The client should also be made aware of the importance of avoiding fatigue and overexertion in his daily activities to manage and conserve his energy. Through the help of a nurse, education can be enhanced through online resources, educational brochures, and face-to-face sessions to provide the necessary reinforcement and understanding. The client should also receive appropriate assistance and support by providing the necessary education to Mr. Kent's family members.

Nursing Intervention Rationale

Providing effective patient education, improving nutritional status, and managing COPD symptoms should be the primary focus of the nursing interventions to promote well-being and health outcomes. For instance, managing COPD symptoms requires nurses to intervene by improving the patient's lung function and airway clearance (Yin, Yang & Ye, 2018). This includes the following nursing interventions. (1) Providing chest physiotherapy and nebulizer treatments among other breathing treatments, (2) Improving oxygen saturation levels and relieving shortness of breath through effective oxygen therapy. (3) Reducing dyspnea and improving breathing through effective positioning methods such as using the semi-Fowler's position and elevating the bed's head. (4) Treating COPD symptoms exacerbating infections, dilating airways, and reducing inflammation through effective administration of medications such as antibiotics, corticosteroids, and bronchodilators. Other than effectively managing the

COPD symptoms, nutritional support is another nursing intervention that could be crucial for improving the patients health outcomes and quality of life (Staiou et al., 2021). For instance, the nurse can identify critical changes requiring urgent intervention by tracking his nutritional status by regularly monitoring his weight.

Small and healthy meals should also be provided through a personalized dietary plan to manage and improve the client's nutrient intake and appetite. The food products in the meal plan should include high-calorie snacks, which should be eaten in small and frequent proportions to improve the calorie intake. Other than nutritional support, patient education is another crucial nursing intervention that can significantly enhance health outcomes from the COPD symptoms (Bugajski et al., 2020). Nurses can provide patient education interventions such as emotional support and reducing COPD symptom progression through smoking cessation. Other patient education interventions include improving overall health and lung function by encouraging physical activity and managing dyspnea by teaching diaphragmatic breathing, and pursed-lip breathing, among other breathing techniques.

Evaluation

The dietary recommendations from the nutritionist to impact the patients nutritional status and improve his respiratory symptoms through the prescribed medications should be thoroughly evaluated for their effectiveness. Addressing anxiety and depression enhanced by his condition through specific mental health interventions should also be assessed for effectiveness (Zheng & Wu, 2022). In addition, his overall quality of life and ability to perform various activities ensure that the patient receives effective and appropriate care while making crucial management plan adjustments from the information gathered from the evaluations. Therefore, ongoing patient education, medication adjustments, and monitoring of the clients progress can be enhanced by

scheduling regular follow-up visits with nurses and other healthcare professionals to evaluate the client's COPD management plan.

Discharge Plan

Providing effective patient education on managing COPD, improving the client's overall nutrition and health, and managing the COPD symptoms should be the main priority and focus of the discharge plan. Specialized care, through the provision of recommendations for a healthy diet and assessing dietary needs to improve nutritional status, will be evaluated by a nutritionist (Baker & Fatoye, 2019). In addition, treating underlying infections will be enhanced by providing antibiotics, steroids, and bronchodilators, among other medications, to manage the clients COPD symptoms, which the pulmonologist will administer. In addition, the client's schedule for follow-up appointments, instructions for proper use and self-management, and a list of the prescribed medications should also be included in the discharge plan (Yao et al., 2021). Patient education on maintaining a positive and healthy lifestyle, preventing irritants exposure, COPD's exacerbated signs and symptoms, and the significance of regular exercise should also be included in the discharge plan.

Conclusion

My nursing experience in attending to and caring for this patient exposed me to practical knowledge and skills in managing COPD patients. I was able to understand my skill levels and gaps needed to offer nursing interventions and the management of COPD symptoms effectively. In addition, the significance of patient education to teach patients with COPD how to manage the condition highlighted the need for using breathing techniques, maintaining nutritional status, avoiding things that exacerbate or trigger COPD symptoms, and avoiding fatigue and overexertion through physical activities. Besides using nursing interventions effectively to

manage COPD symptoms, nurses also play a crucial role in monitoring and evaluating COPD patients. From this case, I learned the significance of monitoring the patient's COPD symptoms and assessing and monitoring his mental status since it plays a significant role in his overall quality of life. As a nurse, collaboration with other healthcare professionals is also vital in creating a discharge plan to ensure crucial information on managing COPD symptoms is included.

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