

## Are You Ready for Discharge?

- I have a follow up appointment scheduled within 7-10 days of discharge
- I have reviewed my home respiratory medications and Durable Medical Equipment needs
- I have a plan to obtain my medications from the pharmacy
- I am agreeable to a Home Care visit
- I have reviewed and understand use of the COPD ACTION PLAN to recognize signs and symptoms of a COPD flare-up
- I have a ride home

## Staying Healthy at Home

- Take all medications as prescribed
- Continue to stay active as exercise is an important part your treatment plan
- Stay hydrated, as discussed with your care team
- Be aware of the signs and symptoms of a COPD flare-up
- Refer to the COPD ACTION PLAN to better understand these signs and symptoms

## Questions?

If you have any questions regarding your COPD diagnosis or current COPD medications, please [contact the COPD Triage Line:](#)

**860-696-9468**

**M-F 7:30-6pm**

**Sat. & Sun. 7:30-4pm**

**Call 911 or go to the nearest emergency department for:**

- Severe shortness of breath even at rest
- Worsening chest pain or rapid heartbeat
- Not able to do any activity because of difficulty breathing
- Fever higher than 101.5°F, shaking or chills
- Feeling confused or very drowsy
- Coughing up blood



## Chronic Obstructive Pulmonary Disease (COPD)

A Guide for Getting Better, Faster During Your Hospitalization

## What to Expect During Your Hospitalization

You have been admitted to the hospital with an exacerbation (flare-up) of your COPD. We are committed to partnering with you to provide the best care possible.

This guide will tell you what to expect during your hospital stay and [how to get better, faster](#).

## Therapy

- You will receive [breathing treatments](#) every 4 hours for the first 48 hours.
- An airway clearance device such as an [Aerobika](#) or [MetaNeb](#) will be used 4 times a day with your breathing treatments to clear secretions from your lungs.
- You may require [oxygen](#) during your hospitalization. We will assess your need for home oxygen prior to discharge.
- [Steroids and/or antibiotics](#) may be given to decrease inflammation in your airways and to clear a bacterial infection.

## Tests

- [Chest x-rays](#) show the size and shape of your lungs and can help identify pneumonia.
- [Laboratory blood tests](#) may be ordered to determine if a bacterial infection exists.
- [Pulmonary function test \(spirometry\)](#) may be ordered to measure air flow in and out of your lungs.
- [Pulse oximetry](#) may be ordered to evaluate your oxygen needs at rest, with activity and/or while sleeping.
- [In-check testing](#) may be done to assess your ability to properly administer different types of inhalers.

**Pulmonary Rehab Team:** During your stay, a member of the Pulmonary Rehab Team will provide you with [education](#) about COPD and will work with you throughout your hospital stay. This team can help you schedule a [follow-up appointment](#).

## Getting Better, Faster

- Work with your care team to [stop smoking](#).
- [Exercise](#) is an important part of your treatment plan and will help you get better, faster.
- [Walk 3 times a day](#) with a goal of at least 100 feet each time, or as determined by your care team.
- [Get up and out of bed](#) to eat your meals.
- [Wash your hands or utilize hand sanitizer](#) especially after using the bathroom and before eating to help prevent the spread of bacteria/infections.
- [Brush your teeth](#) twice a day.

