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.

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.

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.