

Chronic Obstructive Pulmonary Disease (COPD)

Goals:

- Improve and maintain optimal respiratory function.
- Reduce the frequency and severity of exacerbations.
- Educate the patient about disease management and symptom control.

Interventions:

- **Medication Management:** Administer bronchodilators and corticosteroids as prescribed. Monitor for effectiveness and side effects.
- **Oxygen Therapy:** Provide supplemental oxygen if needed. Educate on proper usage.
- **Pulmonary Rehabilitation:** Refer to a pulmonary rehabilitation program. Encourage participation in breathing exercises and physical therapy.
- **Smoking Cessation:** Offer resources and support for smoking cessation if applicable.

Evaluation:

- **Respiratory Function:** Monitor lung function tests and oxygen saturation levels.
- **Symptom Management:** Assess patient's symptoms and frequency of exacerbations. Adjust treatment as needed.
- **Patient Education:** Evaluate patient's understanding of COPD management and self-care techniques.