

My Teaching Plan

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The nursing staff has put together this plan for you to be able to live the best life possible when you are at home. You have put in some good effort by cutting back on how much you smoke, however it is imperative that you completely quit smoking. It is important for you to understand your test results before teaching begins. According to the Medical Surgical Nursing: Assessment and Management of Clinical Problems, an FEV1/FVC spirometry test is the gold standard for diagnosing COPD. With your result of 65% the provider has diagnosed you with early mild COPD, and our goal is to help you maintain a healthy and as normal as possible life.

Causes and Risk Factors for COPD

According to the Medical Surgical Nursing: Assessment and Management of Clinical Problems (Harding et al, 2020) book the number one risk factor for developing COPD is cigarette smoking. They stated that about 20% of all smokers will be affected by COPD. It was also pointed out that reoccurring infections in childhood, especially respiratory tract infections, lead to a decrease in lung function. They have found that COPD and Asthma are often found together, but it is unclear if one leads to the other, or if they just have similar risk factors. They also found one other thing that can affect likelihood of developing COPD is frequently working around chemicals or dust. The CDC (2021) reports that 15.7 million Americans have a diagnosis of COPD, and they have also reported that an estimated 50% of Americans with low pulmonary function are unaware that they have COPD.

Impact on the patient

This is going to change you daily habits, and that means that it could be difficult for you to maintain the treatment. Hurst et. al (2019) wrote a very comprehensive article on effects of COPD on the lives of these people. One of the first things that Hurst et. al noted was that sexual hormones are affected by COPD. This could affect your sexual desires and satisfaction. Second,

they noted was that people with COPD spend a larger than normal amount of time in hospitals. This is significant because it means that you might spend less time at home doing what you want, and if you do not take care of yourself, you might be hospitalized rather frequently. Finally, they pointed out how sleeping is highly affected by COPD. The quality and length of sleep are both severely decreased. Please let us know if you begin to see a significant change in your sleeping pattern, so that we can help you overcome it.

Goal 1: Health Promotion -prevent worsening

It is very important that a lot of changes come to your lifestyle to be able to slow the spread of COPD and help control the symptoms. According to the Medical Surgical Nursing: Assessment and Management of Clinical Problems (Harding et al, 2020), the number one way to help COPD is to stop smoking or never start. In your situation it is important that you quit smoking you have done well by cutting down, but it is critical that you completely quit. A good goal is that you should quit smoking by the end of this week. It will also mean that you will need to change where you star gaze, so as to not be exposed to wildfire smoke.

Another important thing to note is that COPD leaves you immunocompromised. According to Medical Surgical Nursing: Assessment and Management of Clinical Problems (Harding et al, 2020) provides some suggestion for how to remain healthy. This includes washing your hands thoroughly and follow all your medication routines. Doing these simple things will simply protect your body from getting sick, and thus help you avoid unneeded illness which could worsen your symptoms of COPD. It will also be beneficial for you to get vaccinated for influenza, pneumococcal pneumonia, and other yearly vaccines.

Finally, Medical Surgical Nursing: Assessment and Management of Clinical Problems (Harding et al, 2020) teaches the importance of Healthy eating and living. It is important that you maintain a healthy weight. A simple way of attaining guidelines for a health weight is by using your height and weight to calculate a health BMI range. The formula is your weight in kg divided by your height in meters squared. You are going to want to have your BMI be between 20-25. A very important note is to exercise regularly. This means exercise for 30 minutes a day, 5 days a week. This will help you to maintain a healthy lifestyle and decrease the spread/ worsening of your COPD symptoms.

Goal 2: Illness Management

Basic interventions for COPD include smoking cessation, medications, or surgery. Medical Surgical Nursing: Assessment and Management of Clinical Problems (Harding et al, 2020) textbook lays out the importance of these interventions in managing your disease. Smoking cessation will provide a way to help prevent flare ups and improve the recovery process. The medications include LABAs, SABAs, bronchodilators, beta adrenergic agonists, and anticholinergics are some of the few medications that they point out in the textbook. However, it is important that whatever medication is prescribed to you take it as ordered by the provider. Finally, the text talks about lung volume reduction surgery which is a treatment usually reserved for more severe COPD cases, but it does drastically improve the symptoms by helping the health tissue work better by removing the diseased tissue.

Goal 3: Treatment Option

There are a few very interesting treatments for COPD. The Medical Surgical Nursing: Assessment and Management of Clinical Problems (Harding et al, 2020) textbook lays out some very interesting treatment methods. One of which is a high frequency chest wall oscillation. This

is essentially a vest that vibrates the chest and thus dislodges mucus and moves it towards larger airways to be coughed up. Another important thing to do is have effective coughing. The huff cough is an effective way of clearing the airways, by deep breathing and then forcefully expiring the air. You will avoid coughing and then do this three times, and this will help clear the airways. One of the last treatments is the encouragement to stop smoking. We will help by providing nicotine replacement therapy. All of these things can be very useful for us in the treatment process.

Conclusion

It is our hope that with all of this teach you will be able to feel more comfortable when heading home. The main goal as repeated throughout this teaching plan is that you will be able to stop smoking. Doing this will truly help the outcome of your COPD, and improve symptoms long term. Let us know if you have any questions Victoria Dutson SN, BYU.

References

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