COPD IPL

1. Read the Information sheet and fill out the missing words-

<https://www.thoracic.org/patients/patient-resources/resources/copd-intro.pdf>

COPD means ----------------- ------------------------ ------------------------- -------------

------and includes two respiratory disorders ------------------------- and --------------

-----------------------. These two disorders cause ------------------------------------------

-and commonly occur together. ---------------------------- causes inflammation of

the bronchi while ------------------------------------causes damage to the small

airways and ---------------------------- which leads to ---------------------------------

where there is a loss in the surface area reducing gaseous exchange.

The main cause of COPD is ----------------------------------------, but -------------------

---------------------- can also be a contributing factor. Chronic is defined as--------

-------------------------and obstruction is caused by---------------------------------------.

Pulmonary is a term meaning ---------------------------------------------.

COPD and asthma have similar symptoms but they are very different

diseases. In COPD the damage to the airways is --------------------------------

whereas in asthma it is -------------------------------. It is important to remember

that some people with COPD also have asthma. In order to confirm the

diagnosis of COPD a ----------------------------------- test is carried out. This test

measures ------------------------------ and with a result of a -------------------------

value combined with four typical symptoms of COPD 1.------------------------------

----------2,--------------------------------------3,------------------------------------------------

4,----------------------------------- confirms the diagnosis of COPD.

Symptoms usually begin at the age of ------------------------------- after smoking

for -------years or more. There is usually a gradual ------------------------ over the

years with a --------------------------- cough, and increased --------------------------.

Chest infections become more frequent and there is often an increase of

symptoms which is known as an ----------------------------------------------. As the

disease becomes more severe there is a lack of ---------------------------------- to

the lungs due to the ------------------------. This in turn decreases the amount of -

----------------------entering the blood stream, which can lead to ----------------------

---------------------.

1. Management of COPD

Circle the correct answer

 Bronchodilators

a) Open your airways

b) Close your airways

c) Narrow your airways

d) Block your airways

Bronchodilators are administered by

a) Liquid

b) Pills

c) Inhalers

d) All of the above

Beta-antagonists are

a) Steroids

b) Bronchodilators

c) Antibiotics

d) None of the above

Anticholinergic are

a) Steroids

b) Bronchodilators

c) Antibiotics

d) None of the above

Beta-antagonists work by

a) Relaxing the muscles around the airways

b) Increasing the blood flow to the muscles around the airways

c) Reducing the inflammation in the muscles around the airways

d) Decreasing the blood flow to the muscles around the airways

The most common side-effect of beta-antagonist is

a) Nausea

b) Fatigue

c) Muscle tremor

d) Cramp

1. COPD Medications

List some common COPD inhalers and their purpose…

List some COPD tablets and their purpose…

1. Can you think of any non-medical COPD interventions?
2. What is a rescue pack?
3. How could COPD affect your ADL’s?
4. What support could you provide them with/refer them to?
5. Reflections – Write a short reflective piece (using a reflective cycle) on a patient you have cared for or observed with COPD.

%3D%3D

What were their symptoms?

How did this affect their lifestyle?

How did this affect their mental health?

1. Read the article and make notes for discussion in the session.

https://www.bmj.com/content/366/bmj.l4486?hwshib2=authn%3A1610196123%3A20210108%253Ace1ff833-5574-4098-9695-8dbc1ad63409%3A0%3A0%3A0%3Av25YblP6Hl6NAphzreKqDA%3D%3D