

Developing Your Plan of Care After a COPD-Related Hospitalization

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Disclaimers

No affiliations with the pharmaceutical industry
No other conflicts to report

Do Your Planning When You Feel Well,
So You Can Function on “autopilot”
What You Don’t Feel Your Best





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**TO DO LIST:
- INVENT SMALLER
POST-IT NOTES**



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Lists You Should Keep...

- List of all of your health care providers
 - Name/Role/Specialty
 - Office #
 - Fax #
- Your pharmacy information
 - Know the address and ZIP CODE
 - Phone #
- Your insurance information
 - Cards themselves OR photo of front AND back of each card you have

Lists You Should Keep....

- Your medications
 - Include ALL medications – pills, liquids, inhalers, creams, patches, etc...
 - Include all over-the-counter medications taken
 - Include mg amount, quantity taken at each dose and frequency
 - Try to get all prescriptions filled at ONE pharmacy
 - Utilize the Mobile Apps from national pharmacy chains
- Work toward really knowing what you are on and why

What else????

- Keep a record of other therapies you're on - details matter!
- Know who your oxygen/DME supply company is – get to know someone in the office and put that person on speed dial!
- Be sure you have an list of your closest family/friend's phone #'s – don't rely on memory for all those #'s you know by heart!

And if you REALLY love lists....

Keep a running list of all of your medical visits and a brief statement of what was discussed, what what changed/added/eliminated, WHY changes were made, and when you are supposed to return

When You Are Well, Think About Your Long-Term Plans

- Talk with families and friends about your wishes
- Identify someone you trust for your Health Care Power of Attorney – Be kind to that person by being CLEAR about your wishes.
- Have several copies of your documents and don't forget to give a copy to the POA!



Be Prepared!!!!

**Decide on your system.
Get help setting things up if needed.**



So You've Done Everything Right...and You Still Have an Exacerbation



What Will Help Your Hospitalization Go More Smoothly ???

What to bring.....

What to ask....

What to leave with.....

What Do I Bring???



What Do I Bring???

Bring those lists!!!

- Keep things all in one place whenever possible
- Even better if you have a support person who will make sure these lists come to the hospital **WITH** you

What Do I Ask???

- Is this a straight-forward COPD exacerbation, or am I being treated for additional problems?
- I notice some of my inhalers look different while I'm here. Have any of my medications changed?
- I use _____ when I am at home. Can I have this while I'm here?
- Can my oxygen be weaned down or off?

What Do I Ask???

- Can I see the Physical Therapist?
- Can I see the Social Worker or Case Manager?
- With WHOM and WHEN do I follow up when I go home? Will you make appointments for me or do I need to call?

What Should I Leave With???

- If you were given a spacer, Acapella or incentive spirometer to use during your stay, take it home with you...and use it!
- An AVS (After Visit Summary) with a complete list of your medications and (possibly) all your upcoming appointments
- Leave with a good understanding about anything that is significantly new or different about your COPD management plan

Make the Most of Your Hospital Stay

Learn about your team members

Ask questions !!!!

What If You're Hospitalized Somewhere Different Than Usual???

- Even more important to get accurate discharge paperwork – ideally try to get the DISCHARGE SUMMARY if possible, not just your AVS
- Always have the office phone and fax # of your PCP and Pulmonologist (saved in your phone if possible) and ask if your DISCHARGE SUMMARY could be faxed to your providers.
- The results of any significant tests that you had should also be faxed to your regular providers (CT scans, MRIs, Echos, Cultures etc)

Make Your Life Easier.....

Consider concentrating all your
health care in one hospital system!

Key-Takeaways

- Learn to love lists. Keep them consistently
- Whenever possible, rely on an extra set of ears
- Know who your points of contact are (and how to reach them) for each provider you see
- Know if your provider has a mechanism for bypassing the ED if it's not REALLY an emergency
- Bring your discharge paperwork with you to at least your 1st follow up appt
- Bring all your medication with you (or at least that list!!!).