RESPIRATORY HEALTH ASSOCIATION®

Navigating COPD Care

It can be difficult to navigate the health care system when managing COPD. According to the Centers for Medicare and Medicaid, 1 in 5 patients admitted to the hospital with a COPD exacerbation is readmitted within 30 days of discharge (3). The following strategies are designed to help you navigate the system and avoid a hospital readmission:

1 Work with care management, a discharge coordinator, and family liaison to develop a management plan

2 Ask questions and read RHA"s "Making the Most of Your Doctor's Appointment"

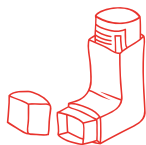**3** Be familiar with your long term health insurance

4 Research services to ensure they meet your needs:
- Know which Pulmonary Rehab centers are close to you
- Be familiar with home health organizations
- Medical equipment and oxygen

Avoiding a Readmission

Develop a COPD management plan

Know how to use your medical devices and create reminders on proper use

Prepare for in-home care following a hospitalization

Review medication use and techniques with providers

Review your hospital discharge plan

Know what resources are available in your area

Reference list available at: https://resphealth.org/reference-lists/