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/