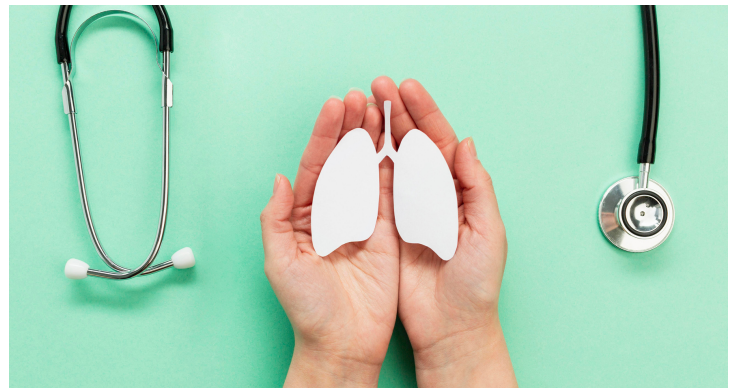


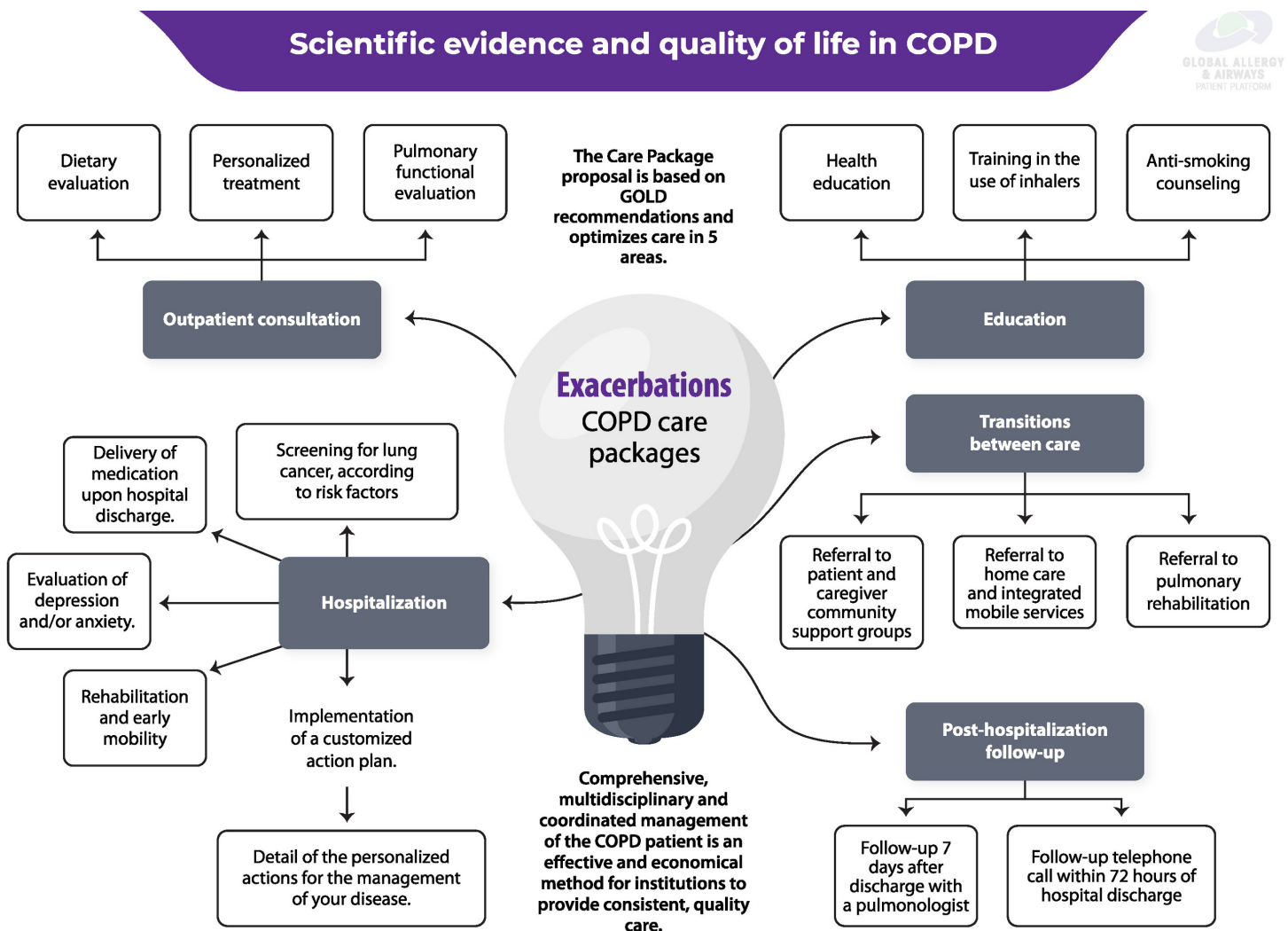
COPD PATIENT EMPOWERMENT

Scientific evidence and quality of life in COPD



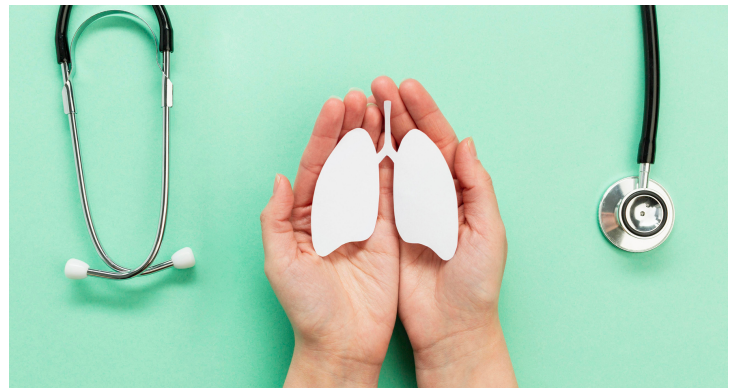
A systematic review aimed at patients, family members and caregivers

Exacerbations



COPD PATIENT EMPOWERMENT

Scientific evidence and quality of life in COPD



A systematic review aimed at patients, family members and caregivers

Exacerbations

- **Comprehensive, multidisciplinary and coordinated management of COPD patients is an effective and economical method for institutions to provide consistent, quality care.** The findings of this study demonstrate that the implementation of an evidence-based care package for COPD patients is an effective strategy for reducing hospital readmissions at 30, 60, and 90 days.
- **The care package proposal is based on GOLD recommendations and optimizes care in 5 areas:**
 1. Outpatient consultation:
 - a. Pulmonary functional and dietary evaluation.
 - b. Personalized treatment
 2. Hospitalization
 - a. Rehabilitation and early mobility
 - b. Assessment of depression/anxiety
 - c. Lung cancer screening according to risk factors
 - d. Discharge medication delivery
 - e. Implementation of an Action Plan, detailing personalized actions for the management of your disease.
 3. Education:
 - a. Health education
 - b. Training in the use of inhalers
 - c. Anti-smoking tips
 4. Transitions between care:
 - a. Referral to pulmonary rehabilitation
 - b. Referral to home care and integrated mobile health services.
 - c. Referral to outpatient community support groups
 5. Post-hospitalization follow-up
 - a. Appointment with pneumologist 7 days after discharge from hospital
 - b. Follow-up phone call within 2 to 3 days of discharge



Discover more COPD Empowerment assets at:
<https://gaapp.org/copd/copd-patient-empowerment-scientificevidence/>



This educational assets have been created for COPD patients and caregivers,
thanks to the collaborative work of:



With the clinical revision of:

Thanks to the generous support of:



Original Publication:

Kendra M, Mansukhani R, Rudawsky N, Landry L, Reyes N, Chiu S, Daley B, Markley D, Fetherman B, Dimitry EA Jr, Cerrone F, Shah CV. Decreasing Hospital Readmissions Utilizing an Evidence-Based COPD Care Bundle. Lung. 2022 Aug;200(4):481-486. doi: 10.1007/s00408-022-00548-9. Epub 2022 Jul 7. PMID: 35796786.