

COPD Disease Management

Program Goal:

- To support medical management as recommended by evidence-based standards of care
- To enhance self management skills for COPD patients through ongoing contact with a UniNet Disease Management nurse

Program services are offered in Spanish or English according to patient needs identified by nursing assessment.

Frequency of telephone contact may range from daily to monthly calls, depending on the patient's current status. Services may include:

Assessment and education regarding:

- Managing diet, medications and symptoms
 - Assessing current level of breathlessness, use of rescue medications, and patient's report of proper use of nebulizer and oxygen equipment
- Intervening in acute episodes
 - Assisting in developing an action plan
 - ✓ Recognizing symptoms and appropriate interventions at each stage of an acute episode, including contacting physician

Support

- Identifying physical limitations and social/emotional concerns
- Managing lifestyle changes
- Adhering to medical plan
 - Ongoing encouragement to comply with recommended physician visits and instructions