

# Nursing care of a patient with COPD

## Nursing care goal

- Educate the patient about regular and long-term medication administration.
- Teach the sick person how to prevent the transmission of infection to others.
- To help the patient overcome his mental and physical difficulties.
- Give the patient enough information about the disease to avoid feelings of inferiority.
- By cooperating with the family, ease the patient's situation - reduced fulfillment of personal, work and family obligations.

## Nursing care

- Compliance with hygienic-epidemiological rules - protection against droplet infection.
  - Instructions on behavior when interacting with other patients and nursing staff: cover your mouth when coughing, keep a distance when talking (turn away slightly), separate rooms for patients, prohibition of sharing the dining room, hand washing, use of protective gloves, mouthpieces, protective clothing (empire), immediate disposal of used tools, compliance with disinfection and sterilization.
- Nutrition: energy-rich, biologically valuable - rich in proteins, Ca, Fe, (meat, milk), fruits and vegetables - vitamins and fiber, plenty of drinks, nutritious (diet #11), alcohol is absolutely forbidden!
- Care for regular undisturbed sleep and rest.
- After the acute phase subsides, we carry out rehabilitation - breathing and fitness exercises.
- We motivate him in an appropriate way to engage in treatment.
  - We support and encourage patients during long-term treatment.
  - We will arrange contact with the family.

## First aid for deterioration

- we sit him down and calm him down,
- we will call the doctor immediately,
- apply a cold compress to the chest,
- we collect the blood in the emitting cup and cotton wool,
- we give the patient sips of a cold drink.

## Rights and obligations of a patient with COPD

- is required to undergo treatment and subsequent hospitalization,
- the patient has a free movement regime, but patients with fever are prescribed bed rest,
- for patients, we try to maintain their self-sufficiency, if necessary, the nurse will provide assistance with self-care.

## What to watch:

- physiological functions,
- airway patency,
- amount, nature of sputum,
- the presence of blood in the sputum,
- nutrition and hydration of the patient,
- general symptoms of the disease,
- weight of the patient,
- shortness of breath, fever and hemoptysis in (we report to the doctor).

## Evaluation, prevention

- Respiratory rehabilitation,
- no alcohol.