

How can you help?

- Talk with us about your goals of care and treatment options.
- Make an advance care plan with your wishes for future health care.
- Eat all your meals.
- Get enough sleep each day.
- Tell us about anything that causes you worry or stress.
- Stay as active as possible.
- Help stop the spread of germs.
Clean your hands often.
Cough or sneeze into a tissue, throw away the used tissue, and clean your hands. If you don't have a tissue, turn away from people and cough or sneeze into your elbow.
- Get your vaccine shots.
- Tell us right away if you notice any signs of a COPD flare- up.

For more information online

Fraser Health

- Go to fraserhealth.ca and search 'chronic obstructive pulmonary disease'
- Use tinyurl.com/y5vv3n2m or scan this QR code*
- Click on either link above.



HealthLinkBC

- Go to healthlinkbc.ca and search 'chronic obstructive lung disease'
- Use tinyurl.com/y24vxyhu or scan this QR code*
- Click on either link above.



You can also ask your nurse about living with COPD.

* A QR code (short for 'quick response' code) is a type of barcode that you scan with your smart device's camera. Once scanned, it takes you to that web page.

fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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To order: patienteduc@fraserhealth.ca

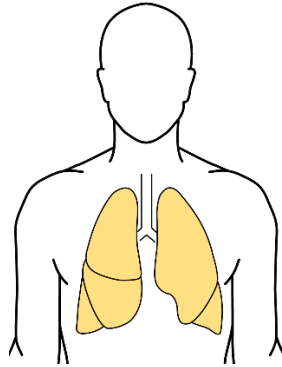
Living with Chronic Obstructive Pulmonary Disease In Long-Term Care and Assisted Living



What is Chronic Obstructive Pulmonary Disease?

We commonly call it 'COPD'
(say *see-oh-pee-dee*).

This is a lung disease that, over time, makes it harder and harder to breathe.



There is no cure - the disease will get worse over time.

Is COPD serious?

Yes, COPD is a serious health problem, especially among the older adults.

It can get worse very fast and can turn into a COPD 'flare-up'.

What are the signs of COPD?

The most important signs are:

- a cough that lasts a long time (longer than 3 months)
- having phlegm
- feeling short of breath

If these signs get worse, you could be having a COPD flare-up.

What is a COPD flare-up?

A COPD flare-up happens when COPD signs get worse, or when new signs develop. Flare-ups are also called exacerbations (exacerbate meaning to get worse).

If not treated right away, flare-ups can be deadly.

What triggers a flare-up?

Many things can trigger a flare-up. These are some common triggers:

- allergies
- smoke and air pollution
- anxiety or stress
- illness or infection
- extreme changes in air temperature

How is a COPD flare up treated?

It is very important that you treat your COPD flare-up as early as possible. If you treat a flare-up early, you are less likely to need hospital care.

COPD flare-ups are usually treated with:

- medication
- rest
- oxygen (sometimes)

Is going to the hospital needed?

Most of the time, COPD flare-ups can be treated at your care home.

If it is within your goals of care, you might want to be taken to the hospital if:

- your condition is not improving
- you have a health problem that threatens your life