COPD Concept Map

Patient Information

Name: Mila Garcia

Age: 62 years **Sex:** Female **Date:** January 15, 2024

Primary Diagnosis: COPD (Chronic Obstructive Pulmonary Disease)

Coexisting Conditions: Hypertension

Allergies: None Reported

Pathophysiology
Chronic inflammation of the airways
Progressive airflow limitation
Alveolar damage and fibrosis
Increased mucus production

Manifestations
Dyspnea (shortness of breath)
Chronic cough
Sputum production
Wheezing
Chest tightness

Diagnostic/Lab Tests
Pulmonary function tests (PFTs)
Chest X-ray
Arterial blood gas (ABG) analysis
Complete blood count (CBC)
Spirometry

Risk Factor
Smoking (Patient is a former smoker)
Occupational exposure to pollutants
Genetic factors,
Respiratory infections
Aging

COPD
Chronic Obstructive Pulmonary Disease

Potential Complications
Respiratory infections (pneumonia)
Cor pulmonale
Acute exacerbations
Respiratory failure
Anxiety and depression

Treatment/Medications
Bronchodilators (e.g., albuterol, tiotropium)
Inhaled corticosteroids
Oxygen therapy (prescribed at 2L/min)
Pulmonary rehabilitation
Antibiotics (as needed)

Nursing Intervention
Monitor respiratory status regularly
Administer medications as prescribed
Monitor and adjust oxygen therapy
Collaborate with respiratory therapy for breathing exercises
Provide emotional support and encouragement

Patient Education
Enroll in smoking cessation programs
Demonstrate proper inhaler technique
Emphasize the importance of medication adherence
Educate on energy conservation techniques
Teach how to recognize and manage exacerbations