

# COPD System Disorder Template

## Patient Information

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Gender: \_\_\_\_\_

Patient ID: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

## ASSESSMENT:

<b>Medical History:</b>	
<b>Physical Assessment:</b>	

## DIAGNOSIS:

- Impaired Gas Exchange related to altered oxygen supply and demand.
- Ineffective Airway Clearance related to increased sputum production and airway obstruction.
- Activity Intolerance related to dyspnea and decreased oxygenation.
- Anxiety related to difficulty breathing.
- Risk for Infection related to compromised airways and increased sputum production.

## PLANNING:

### Goal Setting:

*Establish realistic and measurable goals based on patient assessment, such as maintaining oxygen saturation above a certain level, improving airway clearance, increasing activity tolerance, reducing anxiety, and preventing infections.*

### Goals of care:

- \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## INTERVENTIONS:

*Below are suggested and recommended interventions, indicate what is best suited to your patient for further intervention.*

<b>Intervention</b>	<b>Example</b>	<b>Notes and referrals</b>
<b>Oxygen Therapy</b>	<i>Monitor oxygen saturation levels and administer supplemental oxygen as prescribed.</i>	
<b>Medication Management</b>	<i>Administer bronchodilators, corticosteroids, and other prescribed medications. Educate the patient on medication use and side effects.</i>	
<b>Breathing Exercises</b>	<i>Teach and encourage deep breathing exercises and effective coughing techniques.</i>	
<b>Activity Management</b>	<i>Assist in planning activities to conserve energy and prevent fatigue.</i>	
<b>Education</b>	<i>Provide education on COPD, its management, smoking cessation, and lifestyle modifications.</i>	
<b>Nutritional Support</b>	<i>Ensure adequate nutrition to support healing and energy conservation.</i>	
<b>Psychosocial Support</b>	<i>Offer emotional support, coping strategies, and relaxation techniques to manage anxiety.</i>	
<b>Preventive Measures</b>	<i>Implement strategies to prevent respiratory infections, like proper hand hygiene and vaccination.</i>	

## EVALUATION:

- Regularly reassess the patient's respiratory status, level of activity, understanding of self-management techniques, and emotional well-being.
- Compare achieved outcomes with the set goals. Modify the care plan as needed based on the patient's progress or changes in their condition.

## Physician's Notes and Recommendations

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

## Patient Acknowledgment

I have reviewed the COPD system disorder template and understand the information provided.

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_