

Chronic Obstructive Pulmonary Disease (COPD) is a chronic inflammatory lung disease that causes obstructed airflow from the lungs. Symptoms include breathing difficulty, cough, mucus (sputum) production, and wheezing. It is typically caused by long-term exposure to irritating gases or particulate matter, most often from cigarette smoke. Patients with COPD are at increased risk of developing heart disease, lung cancer, and a variety of other conditions.

FOCUS OF CARE

Enhancing lung function and control of symptoms, improving exercise tolerance and physical activity levels, educating about breathing strategies and energy conservation techniques, and monitoring and managing exacerbations.

PT / PTA

Focus: Respiratory recovery
Exercises: Breathing techniques, gradual strength building

OT / COTA

Focus: Long-term recovery support
Adaptations: Cognitive aids, emotional support strategies

SLP

Focus: Respiratory management for speech and swallowing
Interventions: Breathing exercises, swallowing techniques, speech therapy

TREATMENT GOALS

- Maintain or improve airway clearance
- Enhance the patient's ability to perform daily activities and exercise
- Reduce the risk and impact of exacerbations
- Improve the overall quality of life through education and support

TESTS AND MEASURES TO UTILIZE

1. Pulse oximetry to monitor oxygen saturation levels
2. Six-minute walk test to assess endurance and aerobic capacity
3. Functional scales like the Barthel Index to evaluate daily living activities
4. 30-Second Chair Stand Test
5. Spirometry to assess the extent of pulmonary impairment

KEY EXERCISES

1. Aerobic exercises such as walking or stationary cycling to enhance cardiovascular fitness
2. Breathing exercises including pursed-lip breathing and diaphragmatic breathing to improve ventilation
3. Strength training to increase endurance and muscle strength, especially in the upper body
4. Flexibility and stretching exercises to maintain musculoskeletal health

RECOMMENDED EXERCISES FOR HEP

1. Endurance / AA / Walk
2. Endurance / AA / LIA
3. Flexibility & ROM / UB / ShldStretch
4. Flexibility & ROM / UB / NeckStretch